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SINGAPORE  
NOVEMBER 2015

# Men's Health

SINGAPORE'S NO. 1 MEN'S MAGAZINE

MENSHEALTH.COM.SG

## BURN FAT FASTER

A FLAT BELLY  
IN 22 MINUTES!

32 REASONS TO  
FORGET ABOUT  
CHOLESTEROL

→ THE  
SOCCER  
SMARTS  
ISSUE!

P18  
WHY EATING PIZZA  
CAN BEAT CANCER

BE A  
REBEL  
WHY SHE  
LIKES BAD  
BOYS

← MEN'S HEALTH  
GROOMING  
AWARDS 2015

PRODUCTS  
TO STYLE  
YOUR HAIR  
LIKE IRFAN

→ FITNESS, STYLE AND RUNNING  
TIPS FROM FOOTBALL STARS LIKE  
SERGIO AGUERO AND PETR CECCH!

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PROOF  
YOUR RUN  
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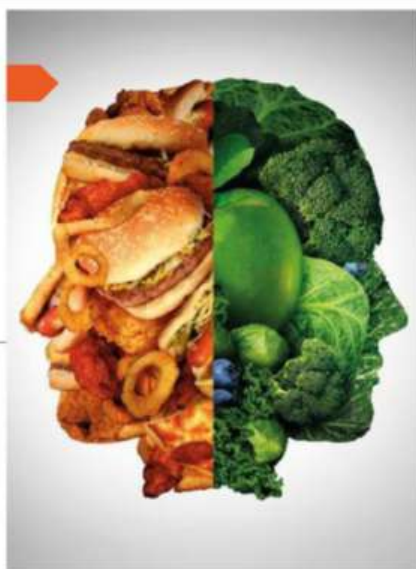
## WHY SHE WANTS YOU BAD

You're polite. Thoughtful. Considerate. And boring! But your rough side might rub her the right way.

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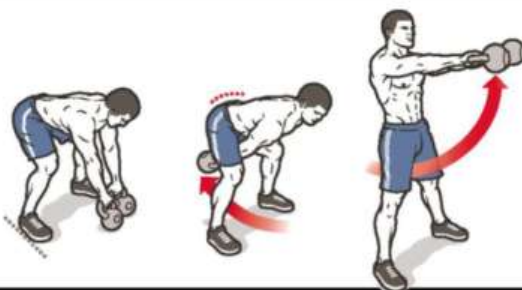
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PHOTOGRAPHY: MICHAEL TAN  
GROOMING: DAX LYE WATCH: TISSOT  
LEATHER JACKET & JEANS: SCOTCH & SODA  
T-SHIRT: GAP STYLING: SHEH  
COVER GUY: IRFAN FANDI



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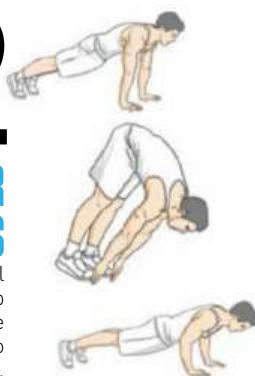
The heat forces most guys to shed layers. We'll help you maintain your look – and your cool.



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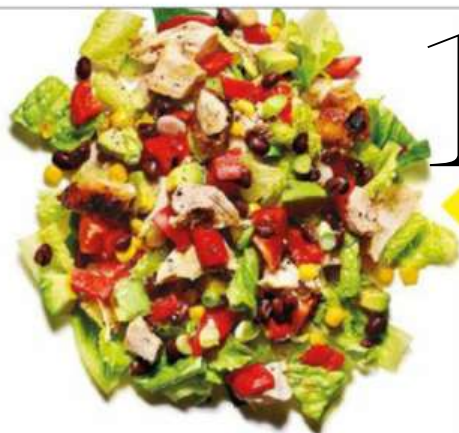
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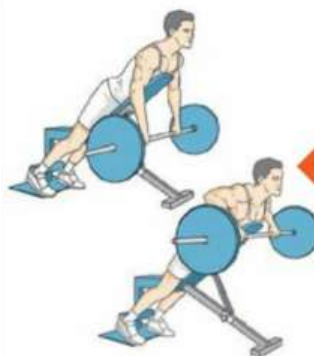
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## FOOTBALLERS ARE THE NEW MODELS

It kind of crept up on us, but footballers making the move from mere sporting icons to lifestyle gurus has pretty much become the norm in the new millennium.

Past stars like Diego Maradona and Pele were certainly men that most guys admired, but in this day and age, players like Cristiano Ronaldo and Lionel Messi have become icons that we want to become – emulating their savvy both off and on the pitch.

In this issue's Soccer Smarts special, we've gotten up close and personal with some of the world's biggest football stars, like Arsenal's Petr Cech and Manchester City's Sergio Aguero, to find out exactly what it takes to make it to the top echelon of the world's favourite game.

But even on our own shores, there's wisdom to be gleaned. Local luminaries such as Izwan Mahmud (also known as The Man Who Denied Japan), stalwarts like Isa Halim and Gabriel Quek, and upstarts such as Irfan Fandi (yes, *that* Fandi) have all shared their cumulative wisdom to wow both fans and ladies alike.

Ole, ole, ole!

*Kelvin*

EDITOR

## 5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE



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[www.menshealth.com.sg/labseriesquiz](http://www.menshealth.com.sg/labseriesquiz)

## WHEN IS IT THE RIGHT TIME TO FOAM ROLL?

You've probably been told to do this right before your workout, because the process preps your body by increasing muscle activation and blood flow. While that's true, it has an effect that may hinder your workout more rather than helping it.

[www.tinyurl.com/mhfoamroll](http://www.tinyurl.com/mhfoamroll)



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**MH VIDEO:**

## NEW BALANCE 890V5 SHOE REVIEW

Watch as one of our readers tells us what he thinks about this running shoe. If you're still searching for the right pair, this video may prove useful.

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# ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



Every once in a while, the command for your licker to lay low doesn't make it through. Pain ensues.



## WHY DO I SOMETIMES BITE MY TONGUE WHEN I EAT?

— George

**A**ctually, here's a better question: Why don't you tenderise your tongue every time you chow down? Your pons is the main player here – this area of your brain acts as autopilot for many basic from-the-neck-up functions, including chewing, swallowing and tongue preservation. Whenever you begin chewing, your pons sends a message to the hypoglossal nerve to keep your tongue out from between your teeth. And the vast majority of the time, the coordination is perfect.

Still, every once in a while, the command for

PHOTO JACOB LINDNER/CORBIS



**I OFTEN SWEAT IN MY SLEEP. IS THAT UNHEALTHY, OR JUST GROSS? – Kevin**

It's probably nothing to lose sleep over. In most cases, cortisol is the culprit behind nighttime sweats, says *Men's Health* sleep advisor Dr W. Christopher Winter. Your body's levels of this stress hormone tend to drop naturally about an hour before bedtime, and that's accompanied by a dip in body temperature that causes you to pull the blankets (or your honey) closer. Cortisol rises again around dawn, along with your body temperature – except that now you have extra layers of fabric on top of you. No wonder you wake up wetter than you were when you went to sleep.

Men, especially muscular guys, also tend to break a sweat more easily than women because their metabolism is higher, Dr Winter says. Your options: Use bedding made with moisture-wicking materials. Or sleep on a

cooling pad, which draws heat away from your body.

**THE AIR AT MY FITNESS CENTRE'S POOL REEKS OF CHLORINE. IS IT DANGEROUS? – Jon**

Don't hate on chlorine. The chemical is extremely effective at killing off *E. coli* and cholera, says Manolis Kogevinas, co-director of the Centre for Research in Environmental Epidemiology in Barcelona. What you should actually worry about is trichloramine, a respiratory irritant that forms when chlorine reacts with skin cells, hair, sweat and (thank you, toddlers) urine.

A 2015 study published in *The Journal of Allergy and Clinical Immunology* found significantly higher asthma rates among swimmers than water polo players or divers. The good news is that you can easily sniff out the trouble. If the air at your local pool is overpowering, ask the manager to do a better job of ventilating the place.

## LEGAL EASE

**IS IT ILLEGAL TO BE NAKED AT HOME WITH THE WINDOWS AND CURTAINS OPEN? – Rob**

Yes, says Jolene Lim of Samuel Seow Law Corporation. Appearing nude in a public or private place is an offence. "This includes anyone who appears nude in a private place but is exposed to public view," she explains. You will be guilty of an offence and be liable – on conviction – to a fine not exceeding \$2,000, or to imprisonment for a term not exceeding three months, or to both. And guess what? The police can enter your house without your consent to make the arrest.

**Do you have a question about the law that you want to find out?**  
Please send it to us at [magmenshealth@sph.com.sg](mailto:magmenshealth@sph.com.sg).

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.

your lick to lay low doesn't make it through. This typically happens because some unexpected mealtime stimulus – the sudden urge to say something, or a surprising taste or texture – drowns out the low-level signal from your pons. There isn't much you can do to avoid the occasional tongue sandwich, though you can ease the ache: Suck on an ice cube to numb the pain and reduce swelling.



## CAN COCONUT OIL BE USED AS A MOUTHWASH? – Alan

**MAYBE.** It may sound as nuts as the aforementioned nut, but there's a method to this madness. Conventional mouthwashes aren't as toothsome as you think – a Swedish study found antiseptic mouthwashes can raise blood pressure. There's also the suggestion that alcohol-based mouthwashes could be a precursor to mouth cancer, says Dr Mark Hughes of the Harley Street Dental Studio. But what of coconuts? While it's easy to be cynical about the hipster's superfood of choice, the *Indian Journal of Dental Research* claims that "oil pulling" – a practice with roots in Ayurvedic medicine – is based on science. The oil absorbs plaque microbes in your mouth, which you spit out when it turns milky. The trouble is, this is invariably a 20-minute job. Our conclusion: Better than a kick in the teeth, but not worth the effort.



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# BULLETINS

HEALTH → SEX → NUTRITION → FITNESS → WEIGHT LOSS



## RUN LIKE THE WING

Strikers net the glory in football, but they don't do the most work, a Norwegian study reveals. Researchers tracked how far and fast pros move, and found that **wingers cover the most ground – jogging, running and sprinting 12km per game**. David Tenney, a trainer with Seattle Sounders of the Major League Soccer, says this mix is good for your cardio workouts, too. Try his plan: On Day 1, jog for 40 minutes. On Day 2, run fast 3 minutes and rest 3 minutes; repeat 5 times. On Day 3, alternate sprinting and resting for 15 seconds each; do this 8 times. Rest 3 minutes and repeat the circuit 3 times.



### WHAT'S THEIR KPG (KILOMETRES PER GAME)?

	Centreback	Fullback	Central Midfielder	Winger	Striker
WALK / JOG	8	8	9	9	8
RUN	1.5	3	2.4	3	2
SPRINT	0.2	0.3	0.2	0.3	0.2
TOTAL	9.7	11.3	11.6	12.3	10.2



## GIVE PAIN AN EARFUL

Back breakin'? Try an aural medication. Recent American research suggests that **ear acupressure can help relieve chronic back pain**. People with the wince-inducing condition who received weekly treatments for a month reported a 44 percent reduction in their suffering.

Study author Yeh Chao Hsing explains that ear acupressure may trigger a neural pathway to release fewer pro-inflammatory chemicals and more anti-inflammatory ones.



### DEAD TO ANGER

When you react with fury to a wind-up, the joke's on you. **Outbursts of anger may trigger cardiovascular problems within two hours**, the European Society of Cardiology reports. If you find yourself banging the table too often, seek a therapist before you wind up in the A&E.



The percentage of victims of sports-related cardiac arrest who had symptoms, like chest pain, within the prior seven days.

SOURCE: CIRCULATION

### AVOID A FLEECING

Your bedding may lead to more sneezing than snoozing: **Cosy blankets can be a breeding ground for dust mites**, an

Irish study suggests. When both fleece and cotton were exposed to the microscopic bugs, the plush material attracted 42 percent more mites than the cotton one did. That's because fleece has deep pile fibres that twist and turn, allowing mites to crawl inside and settle there, says study author David Clarke. To kill them, wash fleece in hot water (at least 55 deg C) every week or two, and line-dry if possible: The sun's UV rays help destroy the allergens of the mites.



## BLOW OFF HIGH BP

### THE SYMPTOM

Your blood pressure reading is often higher at a doctor's office than at home.

Blame white-coat hypertension, a spike in BP brought on by the stress of seeing your physician.

### THE PRESCRIPTION

Before you're cuffed, take three to four deep breaths over 30 seconds. In a Croatian study, people who did this lowered their systolic BP by 15 points. Deep breathing slows your heart rate, which in turn triggers the reflexes that control blood pressure to bring it down accordingly, the researchers say.



### SLEEP OFF HEART DISEASE

According to *The Journal of the American Medical Association*, **regularly sleeping after lunch can reduce your risk of a heart attack by a thumping 37 percent**. To a more

specific extent, Nasa scientists have revealed that the optimum nap time is 26 minutes. Sleep more and you won't benefit from the reduction in cortisol responsible for lowering your risk of heart attacks.

### SAUCE OF PROTECTION

According to Manchester University, the **tomato paste on pizza limits sun damage**. While we're not suggesting you bin the factor 50, tomato is a potent source of antioxidants that reduces the effect UV has on your skin's mitochondrial DNA, reducing cancer risk. The study found people who follow an antioxidant-rich diet have 33 percent more protection against the sun.

### CHEESY MUSCLE GROWTH

Protein-rich Italian staple ricotta is the godfather of cheese – and your new dietary weapon. According to *The American Journal of Clinical Nutrition*, it **packs a hefty amount**

of glutamine, an amino acid that **supercharges protein synthesis**. When devoured 90 minutes before a workout, your human growth hormone is boosted – increasing muscular strength and size.

# 20

### COOLER RUNNINGS

A pre-cardio iced drink can increase endurance by 19 percent, while a caffeine hit reduces perceived effort, allowing you to push harder.

And, yes, you can avoid the extra 37g of sugar in frappe lattes from coffee joints. Just blend a mug of cold coffee with sugar-free nut milk and ice, before flavouring with vanilla pod seeds and pumpkin spice. You're good to go.

### NEED FOR SEED

**Smashing pumpkin seeds into your soups and salads increases levels of the slumber-inducing amino acid tryptophan**, says sleep scientist Dr Craig Hudson. That's good news if you take longer than the average 14 minutes for men to nod off.



The percentage fewer deaths among men who eat at least 200g of nuts a week over a 30-year period, compared to those who eat none

SOURCE: *THE NEW ENGLAND JOURNAL OF MEDICINE*

# REDUCE THE DISCOMFORT

ALLERGIC REACTIONS CAN BE UNPLEASANT. BUT WITH CLARITYN'S\* FAST-ACTING, NON-DROWSY FORMULA, 24-HOUR RELIEF IS CLOSE AT HAND.

It's time for some housekeeping, and you've decided on clearing the clutter in the storeroom. You start by moving the boxes about the stuffy, dusty space when, unexpectedly, you sneeze. It's probably the dust, you think. But before you know it, you sneeze again. And again. Your eyes start watering and, suddenly, your nose gets all runny. And even after you've finished cleaning the storeroom, the discomfort persists.

If you're wondering what happened, it's an allergic reaction. It's our immune system's way of getting rid of allergens we've been exposed to. Common symptoms of an allergy are similar to those of the common cold, like sneezing or a runny or blocked nose. The main difference, though, are the itchy or teary eyes, and that the symptoms can last for weeks.

Common allergens include dust mites, plant pollen, mould, seafood or animal dander. In serious cases, skin reactions like redness, itching, swelling or hives could also occur.

## ■ A READY SOLUTION

Allergic reactions can creep up anytime and anywhere, causing plenty of distress and discomfort. However, the symptoms can be easily managed with Clarityn, an effective, long-lasting, off-the-counter antihistamine. Its key active ingredient is Loratadine, which offers effective relief to the sneezing or runny noses, teary eyes, itchy or red skin, and even hives – dreadful symptoms caused by histamine, a substance produced by the body in reaction to allergens. Available in tablet form, Clarityn's non-drowsy formula also means you'd be able to go about your normal routine with minimal disruption.



## LIVING WITH ALLERGIES

DON'T LEAVE IT TO CHANCE WHERE THEY ARE CONCERNED. HERE ARE SOME BASIC TIPS TO MINIMISE ANY OCCURRENCE.

01

Understand what triggers your allergic reaction, and avoid them where possible.

02

Consider putting on masks or gloves when cleaning your storerooms. A cleaner house, with regularly serviced air-conditioning systems, will help reduce allergens.

03

Opt for hypoallergenic covers for pillows and mattresses.

04

Keep your home bright and airy. Fresh air always helps prevent the accumulation of dust and mould.

05

Wash your hands after contact with pets.



CLARITYN IS PRICED AT \$11.10 FOR A BOX OF 10 TABLETS AND AVAILABLE AT ALL PHARMACIES.

\*INDIVIDUAL RESPONSE VARIES.

# FITNESS

BULLETIN



## WHEN STRESS GETS PHYSICAL

Chill out or break down. Life stress raises your risk of sports injury, a US study reveals. American football players were twice as likely to sustain an injury when they were under academic pressure. "Your body can take only so much stress, whether it's from work, exercise or anything else," says study author Bryan Mann. His advice: Spend 10 minutes a day focusing on your breath and a single positive thought.

PHOTOS (MUSCLE ACHE) PATRIK GIARDINO/CORBIS, (RUNNER) ARTIGA/CORBIS & (HEADPHONES) PRAJIT BOONPA/123RF ■ DIGITAL IMAGING ASHRUDDIN SANI

# 30

The number of minutes of exercise, six days a week, that can cut your risk of early death by 40 percent.

SOURCE: BRITISH JOURNAL OF SPORTS MEDICINE



## FOAM IT DOWN

Think before you overuse your foam roller. An article published in *Medicine & Science in Sports & Exercise* found that **60 seconds on each muscle is enough to reduce soreness and increase your range of motion.**

## BURN NOTICE

### ROW AWAY YOUR GUT

Men burned about 45 percent more fat on a rowing machine than on an exercise bike, found a recent Irish study. Why? Rowing recruits more muscle. Your gut check: Try to row 2,000m in 7 minutes.

## KETTLEBELLS KICK BUTT

According to researchers at the University of Wisconsin-La Crosse's Department of Exercise and Sports Science in the US, kettlebell exercises – snatches and Turkish get-ups, for example – can significantly improve the abdominal core strength of a person by up to 70 percent. Other perks include improvements in aerobic capacity, grip strength and dynamic balance.

## MUSIC TO YOUR MUSCLE

Brazilian sports scientists have likened **the right post-run playlist to a potent painkiller, leading to a speedier and more complete recovery.** Their study in *The Journal of Strength and Conditioning Research* found that listening to songs at a mid-tempo 110bpm increases the rate at which your body flushes burn-inducing lactates. Kicking back with the right tunes relaxes your muscles.



# WEIGHT LOSS

## BULLETIN

### THE LOSER LETDOWN

Could you drop 35 percent of your body weight in five months? The *Biggest Loser* contestants from 2010 to 2012 did. Yet US research found that the TV show was impractical, focusing mostly on exercise and too little on diet. Worse, people often regained all their weight after the show ended.

#### PORTRION OF EPISODE DEVOTED TO WEIGHT LOSS STRATEGY



#### AVERAGE WEIGHT LOSS FROM START TO FINISH



## SLOW DOWN TO SLIM DOWN

You don't need heavy exertion to cut your gut: **Low-intensity exercise can deflate your spare tyre just as effectively as high-intensity ones**, suggests new research published in *Annals of Internal Medicine*. After six months of treadmill training, the study participants had the same success – 4cm less belly – whether they burned 600 calories the harder way (in 40 minutes) or the easier way (in 60 minutes). “When it comes to abdominal obesity, intensity makes no difference,” says study author Robert Ross. The “easy” group walked or jogged at 50 percent of their VO2 max five days a week.

### RED LOOKS GOOD ON YOU

Here's a winning colour combo: **Eating red and purple produce may help you shed kilos**, say scientists in Iran. Men who piled their plates with foods like watermelon, red onion, red grapes and tomatoes put on less weight and had smaller waists than those who ate more green, yellow, orange and white produce. The variety of nutrients found in red and purple foods – lycopene, potassium and carotenoids – may be key to keeping the kilos off for good, the researchers say.

### LOSING STRATEGY:

#### EAT FOUR MEALS A DAY

Pack a second light lunch for work and eat it before you head home for dinner. **WHY IT WORKS** A light meal – like cheese and fruit – can help you cut calories at dinner. Researchers in Spain found that people who ate a small meal between lunch and dinner were 36 percent less likely to have abdominal obesity than those who didn't partake of the extra repast.

# 06

The number of kilos men lost when their doctor told them they had to lose weight.

SOURCE:  
ECONOMICS & HUMAN BIOLOGY



PHOTO (TORTOISE) ZACK SECKLER/CORBIS & (RUNNING TRACK) TORSAK/123RF  
ART DIRECTION & DIGITAL IMAGING ASHRUDDIN SANI

# SEX

## BULLETIN

### NICE GUYS GET THE GIRL

Is humble the new hot? An American study using fake online dating profiles reveals that **women find modest guys more attractive than self-promoters.** Humility signals that you'll treat her well, says study

author Daryl van Tongeren. That's because humble people tend to put the needs of others before their own. One way to appear confident and capable but not cocky is to mention your exploits while sharing the credit.



The percentage of women in online personal ads who say they prefer to date only men who are taller than themselves.

SOURCE: JOURNAL OF FAMILY ISSUES

### SOCIAL STUDIES: BLOCK THAT EX?

You've split amicably. Should you dump her as a Facebook friend? **The answer is no.** A new Canadian study found that people who stayed friends with their ex suffered the lowest levels of post-break-up distress. But if it was a bitter split, cut all ties; her virtual presence will do more harm than good.

## HER SEX DREAMS COME TRUE



Hit the sack early and get lucky tomorrow. **Women who sleep longer are more easily aroused,** according to US research. Among those in relationships, an extra hour of sleep increased the likelihood of action the next day by 14 percent. Sleep raises levels of sex hormones that affect desire, says study author David Kalmbach. Men, too, can improve their sexual health by logging more shut-eye, he adds.

### C-SUITE CHEATING

Women executives are just as likely as male bosses to sneak around, a German study reveals. And the higher a person's rank, the researchers say, the more appealing the secrecy of an affair becomes and the less obligation the cheater feels to abide by social norms.

### INFIDELITY BY MANAGEMENT LEVEL

9%	NON
9%	LOWER
24%	MIDDLE
37%	TOP

Source: *The Journal of Sex Research*

# ALPHA MALE

SEX • COUPLES • HEALTH • NUTRITION • STYLE • GROOMING



## THE WORLD IN HIS HANDS

**SINGAPORE NATIONAL  
GOALKEEPER IZWAN  
MAHBUD SHOCKED THE  
WORLD BY HOLDING OFF  
JAPAN RECENTLY. HE  
SHARES WHAT IT TOOK TO  
GET TO THE TOP.**

Arriving early for an interview normally leaves a first impression. Or so we thought. To our surprise, he was already sitting on the cooler box – his makeshift stool – waving at us with his all-conquering hands.

“Came early to tape up. Have to protect the hands that feed me,” he said.

That dedication to his craft is the reason Izwan Mahbud is regarded as one of Southeast Asia's top goalkeepers, at the age of 25 (goalkeepers reach their prime in their late 20s).

It all started on July 28, 2011, in front of 88,000 fans at the Bukit Jalil Stadium in Kuala Lumpur, in a World Cup qualifier between archrivals Malaysia and Singapore.

TEXT: KELVIN LEONG ■ PHOTOGRAPHY: MICHIEL TUN ■ VIDEO: FLIPITY ■ SHOT ON: VERO MUVI  
ART DIRECTION: JASON TAN ■ STYLING: SHER ■ GROOMING: DAX LYE ■ OUTFIT: PUMA



**“COACH KADIR SAID: ‘YOU GET TO PLAY FOR SINGAPORE IN A SPORT YOU LOVE. WHAT MORE DO YOU WANT?’”**

**Standing among veterans like Aleksandar Duric and Shahril Ishak, the 21-year-old was thrown into the deep end after regular No. 1 Lionel Lewis failed to start due to an injury.**

**The nerves and tension in**

**the air was unbearable, but once Izwan made his first save in the fourth minute, Singapore fans witnessed the birth of a new football star.**

### **HOW IT ALL KICKED OFF**

The third child of four siblings played his first football at the tender age of nine, when his father, Mahbud Abdullah, drilled him in the basics of the game.

Like any schoolboy his age, Izwan thrived on scoring goals and went on to play for Anderson Primary and Fuchun Secondary as a striker. But in a funny twist of fate, it was a casual Sunday football game that Singapore fans have to thank for unearthing this talented stopper.

The 15-year-old showed up for his usual kick-about for neighbourhood team Woodlands Sunday Boys

against Home United's youth team, and with his team shorn of a goalkeeper, he volunteered to don the gloves for the first time in his life.

"We had no goalkeeper, so I thought why not just help the team. The game went to a penalty shootout, and while I don't remember saving any spot kicks, I remember missing the penalty that cost us the game. So I don't think my team would've let me continue as a striker," he chuckled.

Little did he know that the opponents' coach saw something magical in him, and passed this info to then Singapore U15 coach Kadir Yahaya. And the rest, they say, is history.

**MENTORS MATTER**  
Kadir took him under his



#### **VIDEO**

Izwan shares with us how to save a penalty. Download *Men's Health Singapore* now on Magzter or Apple Newstand.

wings, but the impish youngster repeatedly flouted the rules, absenting himself from U15 training, trading his boots for a game of futsal at the neighbourhood basketball courts with his childhood mates.

His rebellious streak did not last long, as a phone call from the coach saw his parents summoned for a closed-door meeting.

"Coach Kadir demanded to see my parents. At the meeting, they asked me why was I throwing away my childhood dream of becoming a footballer. 'You get to play for Singapore in a sport you love. What more do you want?'" his grin giving way to a somber stare, as he recalled the encounter.

"From that day onwards, my attitude towards football changed. I was prepared to give up everything to succeed. And the credit goes to Coach. Ask any of my teammates like Gabriel Quak and they will tell you how much Kadir has done to shape our careers. For that, we'll always be the Kadir Boys."

## NOT ALL SMOOTH SAILING

You would think that nothing could faze the man after that, but in 2012, he hit rock bottom when a medial collateral ligament injury blighted his smooth rise to the top.

He made his return to the LionsXII line-up against Kedah a few months later in May, and it looked like business as usual for Izwan, only for the opponents to put two goals past him, to grab an improbable point, leaving the unforgiving media to question if he was the right choice.

"I came back fit and we led Kedah 3-1 before they scored two goals to steal a point. The media questioned if I should've started the game. That was a first for me because I've never been in that situation before.

"I was very upset, and it was

one of the lowest times I've ever felt. It was as though everything was crashing down on me. But coach V. Sundramoorthy continued to play me and I was determined to repay his faith.

"Throughout my career, I've been lucky to have always played for coaches who believed in me. That has really helped me become who I am."

## THE LEGEND IS MADE

And, like they say, when you hit rock bottom, the only way is up. And, boy, did he defy the critics – by storming back in the same year to start all seven games at the Suzuki Cup, helping Radojko Avramovic's team win its fourth Asean title, before adding the Malaysia Super League winner's medal to his cabinet the following year.

But it was not until this year that his status as the region's numero uno between the sticks was sealed, when Singapore defied the odds and held Asian football powerhouse Japan to a goalless draw in a World Cup qualifier in Japan.

His 18 saves in that game prompted Japan manager Vahid Halihodzic to declare: "I've never seen anything like this in my career. It's difficult to explain. I've never seen a goalkeeper stop that many shots before."

And that magical performance wasn't by sheer coincidence, Izwan explained: "During the game, all I told myself was it doesn't matter if [Shinji] Kagawa or [Keisuke] Honda was in front of me. Anything that came my way, I'll throw my body at it and nothing would get past me."

What transpired in the following days was a flurry of media frenzy, with videos and images of the Singapore footballer, with the best one saying: "68.6 percent of Japan is covered by rainforest; the rest is covered by Izwan Mahbud."

You know you're gaining recognition when SGAG gets on your case.

## KEEPING IT REAL

Despite becoming a recognised face, Izwan never quite settled into the celebrity lifestyle of being mobbed by fans everywhere he goes, and his humble beginnings really shine through when it comes to a peculiar ritual he adopts, when young fans approaches him.

"I'll say no and let the kid walk away," he added. "Then I'd call out to him and put my arm around his shoulder, before posing for a picture or giving him an autograph. Doing this gives makes it more memorable for the fan, and breaks the ice, so the both of us can chat like friends."

"I hate it when people say I'm a superstar. I'm just someone who is blessed to be paid doing something he loves. The Izwan in private is still a normal Singaporean who does the same things you do every day.

"This whole star status makes it tough for me, to figure out who around me is real and who is not. That's why I rarely open up to others except my few good friends and cousins. They are my people."

And when the topic of his best football memory so far comes up, the affable footballer picked up his gloves and laced up his boots before giving a statement that attests to the person he has become.

"I'm fortunate to have won a few titles and there are a lot of happy moments. But having been with the LionsXII for four years, I'm ready to step out of Singapore, out of this comfort zone, in order to see where I stand among the best in the region," he said.

"So when that happens, I'll come back and share with you my best memory. For now, let me do the talking with my hands."

## GAME DAY

**Izwan shares his winning routine before every match.**

### 10 HOURS BGT (BEFORE GAME TIME)

A morning jog around his Choa Chu Kang estate to get the engine started, followed by breakfast with his family. A short rest at home before his short drive to the team hotel.

### 8 HOURS BGT

Checks in at noon, followed by a team lunch. A tactical briefing is held thereafter to map out the plan for the match.

### 6 HOURS BGT

Players head to their rooms for a three-hour power nap and personal time.

### 3 HOURS BGT

A high tea of sandwiches, bananas and protein shakes, and time to board the team bus and head for the stadium.

### 2 HOURS BGT

Once in the dressing room, he begins laying out his equipment in a habitual sequence. The stopper always insists on being the first person to hit the massage table for a quick rubdown, followed by ankle and wrist taping, before heading out for a warm-up.

### 1 HOUR BGT

Another habit is to be the first man to head out even before warm-up begins, for a quick session with his trusted fitness coach, to get his muscles in top gear.

### KICK-OFF

Another goalkeeping masterclass to seal three points.

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HER THE RIGHT WAY.



# WHY SHE WANTS YOU BAD

# Y

**ou know a rebel when you see one. And so does she. In a recent Australian study, researchers discovered that men who ignore rules are more desirable to women. "Nonconformity suggests qualities that women typically find attractive, like risk taking and assertiveness," notes study author Matthew Hornsey. "It communicates authenticity, which in an image-obsessed world has become a rare and valuable commodity." Translation: Faking it won't work. Try these tips to tap into your true rebellious side.**

## 1

### MAKE HER LOOK

Walk into any bar on a Friday night and you'll swim in a sea of gingham. Guys can be risk-averse: "We're pack animals – we're programmed to play it safe and follow the crowd," Prof Hornsey says. "But part of being an adult is knowing when to fit in and when to stand out." So rather than blend in with the rest of your wolf pack, reach into your closet for a look that will turn you into the alpha dog.

→ **Your Rebellion** Add one edgy item to every outfit. For instance, start with a black blazer and a white T-shirt, says *Men's Health* fashion director Sandra Nygaard, and pair them with slightly distressed jeans to create contrast and interest. Other ways to apply this principle: Trade a wristwatch for a leather cuff. Mix a leather jacket with a dressy shirt. Pair boots with a suit, sneakers with dress pants, or dress brogues with jeans. And switch out your cologne for something with a more earthy scent, such as patchouli.

## 2

### COME ON A LITTLE STRONGER

It's obvious when you secretly hope something better will come along. Take online dating: Many guys flirt for days if not weeks before finally making plans. "Men cast a wide net on these apps and sites, but it's not always obvious when they're actually interested," says Paulette Sherman, a psychologist and relationship coach. "Making a first move quickly shows that you're assertive and confident." Plus, it sends a message that you're not playing the field.

→ **Your Rebellion** Skip to the best part. Apps like Lunchclick and Tinder are meant for meeting up instantly, so embrace them. You might be surprised by how receptive she is, as long as you pick a safe, public place, Dr Sherman says. "It's a relief to find out if there's chemistry right away. A man who drags things out can seem weak because his actions don't

support his words." Be straightforward in your pitch, and avoid a big-time commitment. Aim for confidence with a dash of boldness. Try something like: "I need to buy you a drink. Tomorrow. It'll be more fun than whatever you have planned."

## 3

### LOWER YOUR FEAR FACTOR

Men often play it safe because the potential for awkwardness and rejection is so high, says Paul Hokemeyer, a relationship and family therapist. "When we experience fear, the primitive part of our brain causes us to steer clear of danger." So treat boldness like a muscle you need to exercise as often as you do your quads, says Prof Hornsey. "Practice being different. Let the potential for embarrassment wash over you, and eventually you'll realise it's quite okay."

→ **Your Rebellion** Demonstrate fearlessness in ways she'll never forget. Even little moments can leave a deep impression, says *Men's Health* sex advisor Debby Herbenick, who recalls the way a man once flirted with her on a plane. "After we'd been talking awhile, he got up to use the restroom. He took off his headphones and slipped them over my ears without even asking. It was bold and sexy, and it has never left me. If I hadn't had a boyfriend, I would've said yes when he asked me out."

## 4

### DECLARE WAR ON BOREDOM

Most people are prone to falling into dating routines, says Dan Ariely, a US psychology professor and the author of *Predictably Irrational*. That's just the way we're built. And over time, these outings become less satisfying. "Our brains quickly adapt to things, and then we don't react as strongly to the triggers. They become a form of white noise," Prof Ariely says. But when you and your date are sharing a new experience, there's a spirit of adventure that naturally makes you seem more excited, he says. And that positive energy could rub off on your relationship.

→ **Your Rebellion** A 2013 survey by the sex info site Good in Bed found that 28 percent of women were bored in their relationships, and about 25 percent were on the "brink" of boredom. When she's standing by the counter nibbling on the scrambled eggs on toast you prepared for her, slip off her underwear and start nibbling. There's a good chance she'll enjoy shaking things up. If this fails to rev things up, you could go simpler: On your next flight, when the lights are off, engage in some light, playful caressing. She will break down the door to your hotel room after you check in.

# HEART OF THE PARTY

HOW TO APPROACH, AND WHERE TO TAKE, THIS STUNNING TAIWANESE DANCER.

How To Date  
**STELLA WENG**

S

tella Weng is dressed for a big night out. The 25-year-old Taiwanese bombshell works in her home country as a dancer. But she travels overseas twice a year to perform at events like F.Club's five-day party during the week of the Singapore Grand Prix, where she posed as a race queen.

Stella's all smiles and slightly shy when we meet just before F.Club opened for the Formula One festivities. Just the classic girl next door.

Naturally, plenty of guys try to get it on with her – but few get more than just niceties. "Guys aren't intimidated to approach me," Stella says, "but they don't leave much of an impression, especially if I'm working. And I seldom exchange numbers with strangers."

Ooof! Thankfully, she readily shared some pointers on how to beat those odds should you meet a partygoer like her.

## FRIENDS GET POLE POSITION

Sometimes it pays to be in the friend zone. Stella's the kind who may need a few months

of friendship before both of you decide to give romance a shot. "I usually meet guys introduced through friends," she offers. "Those who don't know me may have misunderstandings of my job as a dancer, and have other things on their mind."

## GIVE IT A SHOT

She's more wary than weary about strangers approaching her, admitting that she feels flattered to be noticed but uncomfortable when guys get too chummy at the bar. "It's normal for guys to buy drinks for girls," she says. "What's inappropriate is forcing the girl to finish her drink or wrapping his hand around her waist. That's not okay."

## PLAN YOUR DATES

"The best dates are when the guy has got everything planned out," Stella advises. "For example, make a reservation at the restaurant so there's no need to queue or wait in line." And don't be late for a date to the movies. "The worst date I've ever been on was when the guy turned up late when we were going to catch a movie."

## BOOK A QUIET GETAWAY

"My ideal vacation right now," Stella enthuses, "is to laze on the beach and go diving in Boracay."



## GALLERY

See more of Stella in our digital edition. Download *Men's Health Singapore* on Magzter or Apple Newsstand.

# BACK ON TRACK

IF A LOWER BACK INJURY IS AFFECTING YOUR QUALITY OF LIFE, YOU MAY BE ABLE TO TREAT IT WITH DECOMPRESSION LAMINECTOMY. FIND OUT MORE ABOUT THE SURGERY HERE.



One of the most common sports injuries involve pain in the back or neck. If you exercise a lot and play sports like golf, tennis and football, you would probably have experienced

lower back pain at least once, no matter how fit or healthy you are.

This is because the spine is subject to plenty of strain and undergoes tremendous pressure during strenuous activities, particularly in sports involving repetitive or twisting motions, or heavy weights. That's why it's important to warm up your body and muscles before engaging in any sport activity.

While the majority of back pain can be treated with over-the-counter medicine and physiotherapy, surgery may be needed in chronic cases. Avoiding medical help may lead to more severe injury and prevent you from participating in the sport you love.

Dr Chua Soo Yong, orthopaedic surgeon at Mount Elizabeth Novena Hospital, answers some common questions about back injuries and their potential treatments.

## ■ HOW DO I KNOW IF I NEED SURGERY?

If you do not respond to traditional treatment (including medication or physical therapy), have muscle weakness that makes standing or walking difficult, or experience loss of bowel or bladder control, it's probably time to seek the opinion of an orthopaedic spine specialist at Mount Elizabeth Hospitals, who will make a careful assessment of your back before recommending spinal surgery, such as decompression laminectomy.

## ■ WHAT IS DECOMPRESSION LAMINECTOMY?

This is a type of surgery that relieves pain caused by pressure on the spinal cord or nerves by removing the lamina, a part of the vertebra that covers the spinal canal. This gives the nerve root more space and allows it to heal comfortably.



## ■ WHAT KIND OF BACK INJURIES CAN IT TREAT?

It is most commonly used to treat lumbar (or lower back) spinal stenosis, which is the narrowing of the spinal canal caused by the overgrowth of bone or other tissue, which compresses the nerve roots. This may then cause back pain and leg pain. Experts feel that the surgery is effective at relieving pain and improving quality of life for those who have severe symptoms.

## ■ WHAT RESULTS CAN I EXPECT ONCE I AM FULLY RECOVERED?

Most patients have significant improvement in their mobility, and reduced pain and discomfort. However, symptoms may return

after several years, and a second surgery could be required. This usually happens if spinal stenosis develops in a different level and region of the spine, unrelated to the level treated.

**KEEP MOVING**  
IT'S POSSIBLE

Visit [www.keepmoving.com.sg](http://www.keepmoving.com.sg) to read about useful sports-injury prevention tips and treatments from our specialists. Call 6812-3769 to make an appointment.

LEAVE AN IMPRESSION ON HER  
RIGHT FROM THE GET-GO WITH THESE  
TIPS FROM SONIA SANDHU.

# GET THE FIRST DATE RIGHT

■ PHOTO DARREN GREENWOOD/CORBIS

**T**

he first date is one of the most nerve-racking experiences men go through. While women are obviously very nervous and anxious at this very important engagement, too, society and tradition has somehow made it the man's job to impress the woman. That's why, unfortunately, the burden falls on you poor guys.

Still, it's a rite of passage all men must go through – and with every woman they date, too. So just suck it up and make the best of it. Once you've been on a few first dates, it does get easier as you get the hang of the generic "dos and don'ts."

And, now, we're here to tell you about the five turn-ons for women on a first date.

### LOVE AND SERVE

One thing a lot of women pay attention to when it comes to men is how they treat service staff. The general rule is: If you're rude, condescending or impolite towards them, you're probably a bum and we won't waste our time on you.

So, being nice to service staff while on your first date scores major points with us. You don't have to become their new best friend; just smile and speak to

them like you would an acquaintance. But we draw the line at flirting – no matter how hot and willing she is.

And while we're on the topic of service staff, never order for us if we're at a restaurant or bar, even if it's the speciality dish/cocktail and we definitely must try it. We do have minds of our own, and appreciate you acknowledging that.

### ME, ME, ME

Don't just talk about yourself. This is a common rule, but you'd be surprised how many men still don't follow it. Doing so is probably the biggest turn-off on a first date. (Okay, maybe having horrible BO is worse, but you get the point.)

When you take an interest in us and ask about our life, job, hobbies, friends, whatever... it turns us on. Not in a big way, but

it certainly sets the stage for bigger things.

### MAN IN CHARGE

As much as we love being 21st-century women, we also love it when a man takes charge of a situation – especially a date. It's attractive when a man knows what he wants (or, better still, what we want), then goes for it. So plan the date well and you're already a few steps ahead.

But don't plan anything to military precision, please (even if you are in the military). Keep room for some spontaneity at least. Or, for a bigger turn-on, plan one part of the date (like dinner). And if it's going well, ask us what we'd like to do after. We love a man who places importance in what we want, too.

### MAKE AN EFFORT

You don't have to wear a three-piece suit to a first date but please dress nicely and appropriately. Put on some cologne or aftershave – a sexy, manly scent definitely turns us on. Basically, show us you've made an effort, to make us feel like we're worth working for and that you're willing to work for us. Be chivalrous; open doors and pull out chairs for us. They might be small things but they do turn us on. And please be yourself. Because if you can't turn us on while being yourself, why bother in the first place?

### LET'S (NOT) TALK ABOUT SEX

We're both adults – let's not pretend we're on a date just because we like talking to each other. We know what we want it to lead to. So flirt with us all you want – in fact, we'd quite like for you to do it. But please keep it clean. It's not at all appropriate to get too suggestive on the first date. And please don't play footsie with us either. If you can turn us on with your words without actually saying anything sexual, that's a major plus in our book. It would certainly whet – or should that be wet? – our appetite for more.

**"YOU DON'T  
HAVE TO  
WEAR A  
THREE-PIECE  
SUIT TO A  
FIRST DATE,  
BUT PLEASE  
DRESS  
NICELY.  
SHOW US  
YOU'VE  
MADE AN  
EFFORT."**

# STYLE GUYS

THE TOP PRESENTERS AT FOX SPORTS SHARE HEALTH AND SPORTS TIPS, AND HOW SUITSUPPLY'S COLLECTION FITS INTO THEIR EVERYDAY WARDROBES.

**Y**ou might wear one every day, or maybe just dust one off for weddings and interviews. Either way, every man's wardrobe should have a great suit.

The right one can make you look taller, slimmer, stylish and coordinated. Plus it's a fantastic confidence booster.

But that doesn't mean you can just drag out your graduation suit. Your waistline has probably changed, and so has fashion. So, what now?

We suited up Fox Sports news presenters in Suitsupply's best-sellers. Suitsupply uses the finest of Italian fabrics, European styling and an in-house tailoring service, allowing you to leave with the perfect fit.

Suitsupply brings a totally new energy to men's fashion combining flair, creativity and craftsmanship with a wide range of casual wear, off-the-rack suits and accessories.

**"A TRIM AND FIT PHYSIQUE HELPS TO ENSURE A GOOD FIT. THAT'S MY SECRET TO LOOKING MY BEST."**

Sienna suit, \$989.  
Leather double monk strap shoes, \$589.  
Paisley tie, \$109.  
Shirt, \$179. Pocket square, \$49. Portfolio bag, \$539.



**STEVE DAWSON,**  
FOOTBALL PRESENTER,  
COMMENTATOR, WRITER  
AND HOST

■ **WHAT ARE YOUR FAVOURITE SPORTS?**

I've played football on and off since I could walk. These days, I play for the Singapore Cricket Club and the British Casuals. I have "serious" tennis battles with Fox Sports colleagues Jamie Reeves (he beats me), John Wilkinson (we beat each other) and, once upon a time, Colette Wong (we've stopped – she was too good).

■ **WHY DID YOU CHOOSE SPORTS JOURNALISM AS A CAREER?**

After university, I worked full-time as an accountant and also wrote magazine articles on boxing. When I left accounting, I joined The Straits Times and received tremendous training. This is my dream role, and I still haven't woken up! Football, boxing, baseball, athletics, tennis and cricket have all been my best friends ever since I can remember.

■ **WHY SUITSUPPLY?**

I was pretty happy with my suit collection until I wore my first suit from Suitsupply. The brand's cut, fabric and fit are on another level. It's important in my line of work to look presentable on screen.

## “DON'T MAKE EXCUSES TO SKIP PHYSICAL TRAINING.”

**JASON DE LA PENNA,**  
FOX SPORTS NEWS/CENTRAL  
& GRAND SLAM TENNIS  
ANCHOR. EX-INTERNATIONAL  
CRICKETER

### ■ WHAT DO YOU DO TO STAY GOOD LOOKING?

I'm a regular at Ritual gym, where I do high intensity interval training five times a week. I walk to and from the studio every day – a 10km round trip. I also fast intermittently every day. I eat a healthy breakfast, snack on nuts and berries mid-afternoon, and then have a hearty dinner. It isn't for everyone, but it suits me.

### ■ WHAT'S YOUR TOP HEALTH TIP?

Don't make excuses to skip training. Time is always tight but walk to work, fit in a run or get to the gym. Push yourself! We spend so much time sitting on trains, planes or in cars – and the human body wasn't designed to sit. It was made to walk, run and forage!

### ■ WHY IS SUITSUPPLY YOUR GO-TO FOR FORMAL ATTIRE?

I'm a big guy (1.98m tall) and it can be difficult to buy suits off the rack, especially in Asia. But at Suitsupply, I can. It's such a pleasure to enter a store and walk out with clothes! The cuts are perfectly contemporary but not too modern. The store's team is so passionate about the brand, and they have taught me a lot about sartorial affairs.

Lazio suit, \$929.  
Shirt, \$129. Floral  
tie, \$109. Pocket  
square, \$69.

**SHEHZAD HAQUE,**  
PRESENTER, COMMENTATOR,  
HOST & EX-SINGAPORE  
CRICKETER

■ **WHAT DO YOU DO TO  
STAY FIT?**

I prefer playing sports than just working out, but family and work commitments don't give me much time. Since turning 40, I've realised I need to focus more on exercise. I've recently been persuaded to join Crossfit by Kelly Latimer, my fellow The S League presenter. We'll be starting soon and I'm dreading it!

■ **WHAT'S YOUR TOP  
HEALTH TIP?**

My work is shift-based and I keep odd hours, which means my body clock is all over the place. I'd advise anyone with a hectic schedule to get more rest – burning the candle at both ends isn't productive.

■ **HOW DOES SUITSUPPLY FIT  
INTO YOUR LIFESTYLE?**

I need to project an authoritative, knowledgeable, yet approachable image on air, and Suitsupply helps me do that. I love the versatility of its pieces, and am confident and happy wearing them at work or for events.

---

**“SPORTS HAS  
PLAYED A BIG PART  
IN MY LIFE,  
INCULCATED IN ME  
FROM MY FATHER.”**

---



Denim shirt, \$129.  
Braided belt, \$99.  
Suede loafers, \$469.  
Trousers, \$239. Crew  
sweater, \$189.

**Left:** Trousers, \$269. Shirt, \$199. Jacket, \$619. Pocket square, \$69. Single monk strap leather shoes, \$419. **Right:** Jacket, \$619. Checked shirt, \$159. Sunglasses, \$139. Trousers, \$209. Tie, \$109. Pocket square, \$69. Single monk strap leather shoes, \$419.

## “MAKE AN EFFORT TO STAY ACTIVE, NO MATTER HOW BUSY YOU ARE.”

**TIMOTHY LOW,**  
PROFESSIONAL GOLFER,  
ANCHOR, FOX SPORTS  
GOLF PRESENTER, WRITER  
AND HOST

### ■ WHAT SPORTS DO YOU ENJOY PLAYING?

I love working on my golf game on my days off. I try to keep “competition ready,” as I still play tournaments occasionally. To stay fit, I start each morning with half an hour on the bike. It gets my blood flowing and puts me in a good frame of mind for the day. If I can sneak in two solid gym sessions a week on top of that, I’m a happy boy!

### ■ HOW DOES SUITSUPPLY HELP YOU AT WORK?

TV presenters have to look sharp when the cameras roll. As the old adage goes, when you look good, you feel good. It’s incredible how much a great suit can boost confidence when you’re faced with the terrifying prospect of pronouncing an obscure East European footballer’s name on live TV!

### ■ WHAT DO YOU DO TO LOOK YOUR BEST?

Since I spend more time in makeup than most men, I take time to cleanse and care for my skin. I’m all for a weekly scrub, regular toner, moisturiser and an occasional face mask. Also, I’m the team presenter with the most “adventurous” hair, so I take more time to condition and style it with pomade and hairspray.

1

### BREAKING BAD HABITS

If hitting "play next" feels as addictive as Walt's products, you're not alone. Compulsive viewing lights up the same area of your brain as drugs and, over time, is linked to depression and poor impulse control in other areas of life, reports the University of Texas. Psychologist Dr Aric Sigman, author of *Remotely Controlled*, advises watching with friends and agreeing to a time limit. It'll stop your brain reverting to screensaver mode tomorrow.

2

### PEAKY BLINDED

A marathon session exhausts your tired eyes. Screen time causes your blink rate to drop dramatically, which leads to dryness and even blurred vision. Reboot your eyeballs between each episode by spending 20 seconds looking at something 6m away. If you're already suffering, don't be a Daredevil about it. Switch off and lie with a warm, damp flannel over your eyes.

3

### GAIN OF THRONES

By the fourth HBO title screen ("aaaaah"), your body is racking up worrying ratings. Men who watch TV for four-plus hours a day have a 125 percent higher risk of heart disease, a University College London study found, while slumping on the sofa immediately after eating spikes blood sugar, triggering fat gain. A 40-minute post-meal walk will nullify this effect, as will adding some turmeric and chilli to your TV dinner.

4

### TRUE CORRECTIVE

It's not tough to detect the main victim of inertia. Studies by the UK's United Chiropractic Association linked a hunched sitting posture to constricted breathing and heart disease. As your episode loads, hit the floor for a Superman stretch: Face down, tense your glutes and lift your chest, legs and arms with thumbs pointing up. Do 3 reps of 10 seconds, and limit tension to the dramatic kind.

5

### WAKING DEAD

After-dark sessions increase blood pressure and infect your sleep cycle, so you'll feel restless even on nights when you don't indulge. Among the host of health issues is a 25 percent drop in sperm count, reports the University of Southern Denmark. Your antidote: Pick up a book before lights out. It reduces sleep-disrupting BP spikes, says Dr Sigman. You'll be less of a zombie in the morning.

TEXT: SCARLETT WRENCH PHOTO: CORBIS

# THINKING OUTSIDE THE BOXSET

WORRIED WHAT BINGE VIEWING  
COULD BE DOING TO YOUR HEALTH?  
WE HAVE YOUR PAUSE SWITCH.

# DON'T LOSE HAIR OVER IT

GROW BACK YOUR MANE – AND YOUR CONFIDENCE – WITH THE ARTAS ROBOTIC SYSTEM.

osing your hair can be a very traumatic experience. With each strand that falls, your appearance is affected, along with your self-esteem. Male pattern baldness is the most common type of hair loss, and while there is no cure, there are some proven treatments such as shampoos and serums to encourage hair growth.

Hair transplantation is another option to consider. This surgical technique involves removing individual hair follicles from a part of the body called the "donor site" to another balding part of the body. David Loh Surgery now offers the ARTAS Robotic System for a new level of precision and accuracy to hair transplant surgery.

Dr Phoon Yi Shan, who specialises in aesthetic treatments and hair transplantation, tells us more about it.

## ■ WHAT IS THE ARTAS ROBOTIC SYSTEM?

It is an advanced physician-controlled, computer-assisted technology specialising in transplanting hair permanently from the back or sides to thinning areas of the scalp.

## ■ HOW DOES IT WORK?

The system comprises of an image-guided robotic arm where, under the precise control of the doctor, each follicular unit is identified and accurately harvested. Hair position, angle and other parameters are continuously re-calibrated to achieve optimum harvest results, while ensuring the donor areas retain their natural appearance. Hair is then transplanted to thinning areas by the doctor to achieve an aesthetically pleasing look.

## ■ WHY SHOULD PATIENTS OPT FOR THIS TREATMENT INSTEAD OF OTHER METHODS?

The typical method uses the strip harvesting technique where a strip of hair-bearing scalp is

removed from the back of the head. However this leaves a linear scar. The ARTAS Robotic System uses the follicular unit extraction technique with the help of a robotic arm. It's more precise when removing hair follicles, hence eliminating human error. It also leaves no scars.

## ■ WHO IS SUITABLE FOR THE ARTAS TREATMENT?

We get best results with male pattern hair loss (frontal and vertex areas). Even patients with baldness due to trauma or burns will benefit from this. In Singapore, we also have an increasing number of patients undergoing hair transplant to create or enhance sideburns, eyebrows and even beards!

## ■ WHAT CAN I EXPECT AFTER THE TREATMENT?

You may return to normal activities after a day or two. In one week, both donor and recipient

areas will look as it was before the procedure. The newly implanted hair gradually develops its own blood supply and starts a new growth cycle. New hair will gradually be seen in around three months after the procedure, and will continue to grow over the next year.

FOR ENQUIRIES, CONTACT DAVID LOH SURGERY AT 6733-9114, OR VISIT THE CLINIC AT #01-27 PARK HOUSE, 21 ORCHARD BOULEVARD, SINGAPORE 248645.



## DOCTOR PROFILE

Dr Phoon Yi Shan graduated from the National University of Singapore in 2003. She then became a member of the Royal College of Surgeons of Edinburgh, and was later awarded her Master of Medicine in Orthopaedics Surgery from NUS. She is fully accredited in aesthetic procedures such as botox and filler injections, and cosmetic lasers.



# CHOLESTEROL IS NO BAD THING

THE SECOND BIGGEST C ISN'T THE DEATH SENTENCE YOU THINK, SAYS CARDIOLOGIST DR ASEEM MALHOTRA. SO IGNORE BIG PHARMA DRUG PUSHERS AND TURN HDL AND LDL INTO YOUR HEALTH ALLIES.

TEXT TOM BANHAM PHOTOS 123RF

# FRESH AIR TRAVEL

GET ON BOARD WITH THESE HEALTH TIPS TO STAY FIT AT 30,000FT AND ELEVATE YOUR MOOD BEFORE TOUCHDOWN.



1

## HIGH AND DRY

The air in your plane has 10 to 15 percent humidity – about half the level you’re used to, which is why your tongue feels like sandpaper by the time you land. Grab an orange juice at the gate to stock up on hydrating minerals such as potassium. Sucking on ice will also help, so ask for a cup with your first inflight drinks order.

2

## CABIN FEVER

The combination of cabin dryness and recycled air is a recipe for colds. When your stomach wakes up, opt for a pot of Greek yogurt (and skip the airline’s tasteless croissant). Its low-fat protein will bolster your immune system, while the live bacteria settle your digestion to deflate any mid-air bloating.

3

## TOP THE POPS

If pressure changes make your ears pop painfully, chew gum for 30 minutes during take-off and landing. You’ll swallow more often, which equalises pressure between your inner and outer ear. Chewing also cuts cortisol, reports Northumbria University in the UK – useful after having your seat kicked for five hours straight.

4

## A SAFE SEAT

Sitting over the wing is best for nauseous flyers, as it’s closest to the plane’s centre of gravity. Staring out the window at the horizon will help, too. Aisle seat? Keep your head out of the sick bag by sucking on ginger lozenges, suggests the *British Journal of Anaesthesia*. Then preselect your seats next time.

5

## LANDING LIGHT

Regardless of how tired you are, fight the urge to go from bag drop to hotel bed. You need to get outside. If you’re jet-lagged, natural light will help to get your body clock back in sync. Keep naps to 20 to 30 minutes to prevent sabotaging a full night’s rest. And try to avoid the mini-bar until you’ve caught up.

# I

n the 1990s, ads for Lipitor – a statin – promised to slash cholesterol and, if you were an executive at Pfizer, make you very rich indeed. Over 14 years, the biggest-selling drug in pharmaceutical history earned the company over US\$125 billion.

It also kick-started an unhealthy obsession with the “C” word. Cholesterol has been implicated in the deaths of men each year due to heart disease. Cut your numbers and stay alive is the prevailing message. Which is why many are currently on statins, with others trying to cheat their stats using fortified cereals and margarine.

But cholesterol isn’t a villain lurking in your fried eggs, launching attacks on your heart. Many of you will be familiar with the two kinds of cholesterol: “bad” LDL and “good” HDL. This notion of substances with two agendas battling it out is wide off the mark.

At the risk of sounding like a new-age philosopher, the truth is cholesterol is both singular and many. Your body needs it to form cell membranes; to produce vitamin D and steroid hormones; and to stay alive. Your brain contains a quarter of your body’s cholesterol,

which may be why low levels are linked to poor cognitive function.

Is it wise to keep slashing the recommended quantities? The reality is anything but black and white.

Thankfully, the nutritional wind has begun shifting in recent years. Research into a heart disease and inflammation link has taken the spotlight off cholesterol and directed it at sugar.

Now, thinking is that cholesterol acts like a sticking plaster in areas of inflammatory damage, blocking your arteries.

But what causes that damage in the first place? Sugary diets. For those of you who haven’t damaged your blood vessels by mainlining carbs, cholesterol drifts through the body unimpeded and harmless.

But let’s not get the message confused. This isn’t your *carte blanche* to chew on bars of lard. Sat fat can still make you fat. Meats and dairy can still be calorific. You just need to know your onions when it comes to food advertising. Cereals that claim to lower your LDL shouldn’t be substitutes for the whole foods you’ve been taught to fear by years of misinformation. Butter beats oil. Eggs trump bran flakes. If you’re truly worried about the health of your heart, the buzzword to keep in mind is inflammation, not cholesterol.

A US review found that while low-fat diets might cut overall cholesterol, they often hit HDL more than LDL, shifting your balance the wrong way – even by the statin pushers’ definition.

Meanwhile, advice to cut fat isn’t nuanced enough to distinguish crisps from the HDL raisers in an avocado.

So don’t stress your numbers – make changes that target inflammation rather than just cholesterol. Eat

more omega-3, but less omega-6 and trans fats. Exercise. Replace insulin-spiking carbs with vegetables and whole grains. It’s not groundbreaking, admittedly, but it’s revolutionary in a

world where half the population is recommended drugs to counter a disease they may never get, while the rest munch cereal, trying to douse the flames in their body with fire.

**IF YOU’RE TRULY  
WORRIED ABOUT THE HEALTH  
OF YOUR HEART, THE  
BUZZWORD TO KEEP  
IN MIND IS INFLAMMATION,  
NOT CHOLESTEROL.**



AVOIDING  
CHOLESTEROL-  
RAISING SAT  
FAT IS FOUND TO  
HAVE LITTLE  
EFFECT ON HEART  
DISEASE, BUT  
LOSING HIGH-GI  
CARBS HAS  
A LARGE IMPACT.  
SOURCE:  
UNIVERSITY MEDICAL  
CENTER, GRONINGEN IN  
THE NETHERLANDS

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SG  
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# HEALTHY INDIAN DINER

RANG MAHAL'S MORE RELAXED ATMOSPHERE OFFERS SOME OF SINGAPORE'S HEALTHIEST AND TASTIEST INDIAN DELIGHTS.

## WHAT TO EAT MURGH ANGAR

**A**mong the meat dishes at Naumi Hotel's restaurant, Table by Rang Mahal, this chicken course stands out. "Angar means barbecue," explains restaurant manager Chandran, "and murgh is chicken. It's basically chicken tikka."

The preparation and cooking is typical of North Indian cuisine. Square-cut chunks of deboned chicken are placed in a mixture of yogurt, red chilli and Indian spices, and left to marinate for at least four hours before they are cooked in a clay oven known as a tandoor.

The result is a smokey, seriously tender chicken tikka, which lactose-intolerant folks can also enjoy. High in protein, low in sodium and served with a side of vegetables without heavy gravies, this makes for a delectable and healthy tapas to partake during Deepavali.



### → PER SERVING

173 CALORIES  
24G PROTEIN  
8G FAT  
187MG SODIUM  
0.6G CARBOHYDRATE  
0.9G FIBRE

### → HOW MUCH

\$20, OR TRY IT DURING DEEPAVALI UNDER THE DIWALI CELEBRATORY MENU (\$35++ FOR LUNCH, \$45++ FOR DINNER)

### → WHERE

TABLE BY RANG MAHAL,  
NAUMI HOTEL,  
41 SEAH STREET,  
TEL: 6403-6005,  
WWW.RANGMAHAL.COM.SG/TABLE

## UMAMI-FILLED DINNER

Vegetarians can choose from protein-rich dishes like palak paneer, which is a bowl of finely chopped spinach cooked with cottage cheese freshly made that you can eat with delicious carbohydrates such as naan. Like Mediterranean shakshouka that you eat with pita bread, or French ratatouille, this is arguably Table's top offering of Indian comfort food.

The other dish to have on the side is chilli cheese kulzza, a finger-food pizza of tandoor-baked bread stuffed

with cheddar cheese and topped with red and green chilli sprinkles. "We always recommend this to our customers and they like it," says Chandran. "It's our chef's own creation, and goes well with drinks, too."

We're also told that the chef makes a conscious effort to keep his dishes as healthy as possible – for example, using as little oil as is necessary to cook. The pay-off is a satisfying umami-filled Indian dinner that leaves room for dessert or drinks.





A MERRY &  
*Meaty*  
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# THE RACE IS ON

THE MOTORSPORT-THEMED PRS 516 BY TISSOT PAYS FITTING TRIBUTE TO THE BRAND'S RACING HERITAGE.



THE PRS 516 WITH STAINLESS STEEL CASE AND BLACK PVD COATING, CARBON BEZEL AND LEATHER STRAP, \$ 2,950.

**R**acing enthusiasts can wear their love of the sport on their wrists, thanks to Tissot. The brand's association with race cars also served as an inspiration over the years for several watch models from the Tissot PR 516 (1965) to today's Tissot PRS 516.

## WINNING COMBINATION

The new PRS 516 boasts a new Swiss-made, 27-jewel automatic movement. High performing with 60 hours of power reserve, the A05.H31 movement has a rotor shaped like a steering wheel for an adrenalin-fuelled finish. The materials used are tough yet stylish – a stainless steel case with a see-through back and carbon bezel featuring a tachymeter. A luxurious, domed anti-reflective sapphire



A SEE-THROUGH CASEBACK SHOWCASES THE NEW SWISS-MADE AUTOMATIC A05.H31 MOVEMENT.

crystal glass brings the details to life.

Fans of the older model will be thrilled that the original details have been retained. The famous ventilation holes in the strap and floating indices with hands that pass underneath add authentic, vintage touches.

The new model is just as stylish as its predecessors but also sharply modern, and is packaged in a smooth banana-shaped case with

black bezel and pushers resembling the pistons of a car engine. Detailed patterns on the dial give it a sense of depth, and the date display window, volume around the counters and dial edge allude to a strong racing style. Budding competitive drivers will love the extra touches of colour on the bracelet or dial, adding a powerful sense of dynamism.

#### ■ RICH HISTORY

Tissot is one of the cradles of watchmaking, with a rich and fascinating history dating back to 1853. Its milestones include the world's first non-magnetic wristwatch, TISSOT ANTIMAGNÉTIQUE, in 1930; the world's first wristwatch with analogue and digital time and seven functions operated via a single crown, TISSOT TWOTIMER, in 1986; and the world's first tactile watch powered by solar energy, TISSOT T-TOUCH SOLAR, in 2014.

**“TISSOT IS ONE OF THE CRADLES OF WATCHMAKING, WITH A HISTORY DATING RIGHT BACK TO 1853.”**

#### ■ WIND ME UP

Mechanical movement with automatic winding mechanism

#### ■ STRAPPED IN

316L stainless steel bracelet with butterfly clasp and push buttons

#### ■ WET WET WET

Water-resistant to a pressure of 10 bar (100m/330 feet)

#### ■ COUNT ME IN

45mm diameter, HMsSD, 30-minutes counter, central 60-seconds chronograph hand

#### ■ TAKING SIDES

Scratch-resistant sapphire crystal with double-sided anti-reflective coating



THE PRS 516 WITH STAINLESS STEEL CASE AND CERAMIC BEZEL, \$3,050.



TISSOT WAS A RACING PARTNER OF ALPINE, WHICH BOASTS MULTIPLE TITLES IN VARIOUS RACES, FROM THE 1960S TO THE MID-1990S.

## RACING SINCE THE 1960S

Tissot's involvement in motor racing began in the 1960s up until the mid-1990s, as a sponsor of the car by legendary manufacturer Alpine. The vehicle won the Rally World Championship of Monte Carlo in 1973, as well as in 1978, when Jean-Pierre Jaussaud and Didier Pironi took the 24-hour Le Mans medal. Tissot recently announced a renewed partnership with Alpine. The parallels between Tissot and motorsports are undeniable: Cars are dynamic, modern and push technology to the limits, while also representing an active lifestyle. This alliance fits perfectly with the iconic brand.

# CLASSIC RIVALRY

RELIVE MEMORIES AS EX-STARS OF ANFIELD AND OLD TRAFFORD LOCK HORNS ONCE AGAIN – LIVE.

## ► THE CASTLEWOOD GROUP BATTLE OF THE REDS 2015

If you remember names like Patrik Berger, Vladimir Smicer and Louis Saha, then it's time to pencil this pop-up match into your calendar. Fans of Manchester United and Liverpool will relish this encounter at the National Stadium, and will even get to win an exclusive opportunity to meet both teams when they arrive in Singapore. An additional 7,000 tickets have been added to the existing 11,000 to cope with demand.

Nov 14, tickets start at \$19



MEN'S HEALTH

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[www.menshealth.com.sg/labseriesquiz](http://www.menshealth.com.sg/labseriesquiz)



### SWISSOTEL VERTICAL MARATHON 2015

► Test your mettle by taking on 73 storeys in the quickest time possible at Swissotel The Stamford. The hotel is one of the tallest in Southeast Asia, and has been the site for Asia's most gruelling vertical marathon since 1987. It is also one of 17 races for the Towerrunning World Cup Grand Prix series 2015, which gathers some of the world's most iconic skyscrapers such as New York City's Empire State Building and Taipei 101.

Nov 29, [www.swissotelverticalmarathon.com](http://www.swissotelverticalmarathon.com)

## ■ USEFUL YOUTUBE VIDEO OF THE MONTH

### HOW TO SHOOT WITH POWER TUTORIAL – BILLY WINGROVE SLEDGEHAMMER

Learn from German football freestyle maestro Vollspann Schuss Kraft the art of slamming shots into the back of the net like Steven Gerrard and Frank Lampard. He'll teach you how to shoot with your instep and laces, so you can terrorise the opposing goalkeeper in next weekend's kick-about.



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**Freekickers**  
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### MEN'S HEALTH LOCKER

This edition of the locker showcases awesome products from Adidas, Isagenix, Remington, Pomi-T, Lab Series and Swissoats – and some of them are up for grabs! We've curated the best fitness gear and nutritional boosters for every active guy. For more details on how you can win, simply log on to the link below.  
[www.menshealth.com.sg/mhlocker](http://www.menshealth.com.sg/mhlocker)

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Nearest MRT station: Somerset (NS24/CC1/NE6)

# THE NEED FOR SPEED

KENNETH WEE GETS A TASTE OF DRIVING A SPORTS CAR REALLY FAST AROUND THE TRACK.



## GALLERY

See more of the track day in our digital edition. Download *Men's Health Singapore* now on Magzter and Apple Newsstand.

**I**t's every man's dream to get his hands on a garage full of sports cars and flooring them around a racetrack. It's that need for speed – our inner Ricky Bobby shouting “I wanna go fast!” in a *Talladega Nights* euphoria. While the only sports cars and racetracks I currently own are bestowed by Forza Motorsport on an Xbox One, I'm the kind of guy who watches *Top Gear* and thinks: “Hey, I could do that.”

I was delighted, then, when I received a call offering me the opportunity to partake in this year's Porsche Driving Experience at the Sepang International Circuit.

I immediately signed up to do 18 laps around Malaysia's 5.543km Formula One track in over 2,000 horsepower of the German marque's performance cars combined.

Over the next two weeks, I trained. I thumbed



hot laps around Forza's *Top Gear* track on my Xbox. I borrowed the video game's expansion pack featuring some of the Porsches I'd be driving, like the 911 Turbo and Cayman GTS. I practised my Jeremy Clarkson impersonation. I gained sore thumbs and far too much confidence.



## BRAKING BAD

By the time the big day arrived, I was fairly certain that the racing instructors would be impressed with my skills, and that Porsche's other guests would be eating my dust.

This delusion ended at the precise moment I hit 200km/h on a straight for the first time in my life. It was both thrilling and terrifying. When I eased off the

acceleration to prepare for the turn ahead, professional racer Benjamin Rouget, riding shotgun in the 520hp 911 Turbo ordered: "Not yet, stay on the throttle."

I complied. But it was clear he regretted his instruction when, a second later, he followed up with: "Okay, brake. Brake harder, harder! Now turn!"

We made it through the S-shaped turn, our wits and car intact. I looked at the left side mirror to check for overtaking vehicles, then accelerated out of the turn and stole a glance at Benjamin. His eyes remained fixed on the road ahead. He had a stern look on his face, made sterner by the racing helmets we both wore. I didn't dare try on my best impersonation of

Jeremy Clarkson's "Power!"

"When you're travelling that fast," the Frenchman began, sounding friendlier than he looked, "you cannot be gentle on the brakes. You have to brake hard for the turn. Slow in, fast out."

I nodded. I'd "wanna go fast" like Will Ferrell's Ricky, but also wanted to live to tell the tale.

### NOT JUST ABOUT POWER

In my defence, I was driving a 911 Turbo, which is more powerful than it has any right to be. This is the sports car for everyday use – the benchmark. The noise it makes hits you. This was arguably the prize ride, after working my way

**"THE NEXT DAY, I HIT XBOX'S RACING SIMULATOR AND FOUND MY LAP TIMES HAVE IMPROVED DRASTICALLY."**

through the Cayenne S hybrid sports utility vehicle, two Panamera sedans, the Cayman GTS and the 911 Carrera GTS Cabriolet.

I was also on a racing circuit with enough turns (15 to be precise) to eject both timid and overconfident drivers into gravel or concrete.

The Cayman GTS in front of me spun out. Instructor and guest were okay. Thumbs up from them and us as we overtook. There isn't a racer alive who hasn't spun a car. That's how you learn what you and the car are capable of.

The second time on the longest straight, I went flat out in the Turbo. Suddenly, my ability to focus was amazing. I wasn't thinking about anything else. I was living completely in the moment.

I focused on keeping good grip on all four tyres, braking hard but not to the point where the wheels lock up, and using all the available space on the track to navigate a corner.

I used my peripheral vision to stay on the racing line, straightening out a turn as soon as I could and diving on the throttle. I made sure speed and direction didn't change abruptly. And I managed to get some words of praise from Benjamin.

By the second-last lap, I was battling creeping fatigue and motion sickness. After my 18th time around the track, I steered the Turbo into the pit stop, exhausted.

"You okay?" Benjamin asked.

"A little nauseous," I said.

"I just can't believe how physical it was. I just gained a serious amount of respect for you guys."

The next day, I hit my Xbox's racing simulator and found my lap times have improved drastically.

But I'd lost some of my ego in that one-hour real-life track session and learnt a great deal about driving around a track. I now have an answer for people who ask me: "How hard can it be?"



## THE GARAGE A closer look at the Porsches we track-tested.



### PORSCHE 911 TURBO

► **Power:** 520bhp  
► **Acceleration:** 0 to 100km/h in 3.4 seconds  
► **Top Speed:** 315km/h  
► **Price:** \$726,288



### PORSCHE 911 CARRERA GTS CABRIOLET

► **Power:** 424bhp  
► **Acceleration:** 0 to 100km/h in 4.2 seconds  
► **Top Speed:** 302km/h  
► **Price:** \$628,488



### PORSCHE CAYMAN GTS

► **Power:** 335bhp  
► **Acceleration:** 0 to 100km/h in 4.8 seconds  
► **Top Speed:** 283km/h  
► **Price:** \$361,688



### PORSCHE PANAMERA S

► **Power:** 420bhp  
► **Acceleration:** 0 to 100km/h in 5.1 seconds  
► **Top Speed:** 287 km/h  
► **Price:** \$511,188



### PORSCHE PANAMERA

► **Power:** 306bhp  
► **Acceleration:** 0 to 100km/h in 6.3 seconds  
► **Top Speed:** 257km/h  
► **Price:** \$365,388



### PORSCHE CAYENNE S E-HYBRID

► **Power:** 416bhp  
► **Acceleration:** 0 to 100km/h in 5.9 seconds  
► **Top Speed:** 243km/h  
► **Price:** \$398,688

# THE APPLE DRIVING EXPERIENCE

ALL THE IMPORTANT THINGS YOU NEED TO KNOW ABOUT APPLE CARPLAY.

**F**act #1: The iPhone is one of the most popular phones in the world. Since its launch in 2007, Apple has sold over 700 million of them. And in 2015, nearly one in five smartphone sold is an iPhone.

Fact #2: People spend a lot of time in their cars. A report by Time magazine last year stated that the average driver in Los Angeles spends about 90 hours in his vehicle. That's more than a whole week.

So how do you make these 90 hours more bearable? Apple's solution is Carplay – a way for drivers to make use of their iPhones in the automobile. It takes all the important tools of the iPhone and puts them on a car's built-in display.

## HOW DO I GET CARPLAY IN MY CAR?

First, you need to make sure you have at least an iPhone 5, and that it's running the latest version of iOS. Carplay functionality for Singapore was only added after iOS 8.3.

Now, there are two ways to get it. If you're shopping for a new car, make sure it's a model from one of the makers that have committed to support Carplay. To date, these include most major ones such as BMW, Ford, Honda, Hyundai, Kia, Volkswagen, Audi, Nissan, Mitsubishi, Mazda, Mercedes-Benz and Ferrari. Here's a little piece of trivia: The first car to include support for Carplay out of the factory is the Ferrari FF.

Now, for drivers with older vehicles, you can get it by

investing in an aftermarket in-car multimedia receiver. To date, in-car entertainment specialists Pioneer, Alpine and Kenwood have all released receivers that support Carplay.

These in-car multimedia receivers are worthwhile investments, especially if you only have a basic one in your vehicle right now, as they offer a lot more functionality besides just Carplay. These receivers can often play multiple file formats,

including high-resolution audio and videos.

If you're considering installing displays for passengers in the rear seats, these high-end receivers can help you do that, too.

## THE HOME SCREEN

Once you have the appropriate in-car multimedia receiver, simply plug your iPhone in using the Lightning Connector cable and Carplay should launch automatically on the receiver's screen.

The main menu is very similar to that of iOS. There are large icons indicating phone functions, music, maps and messages. The interface has been purposefully designed to be highly legible and easy to navigate, so as to reduce distraction.

The apps that you see are mostly native Apple apps that have been optimised for Carplay. There are only a handful of third-party apps that works with Carplay right now, with the most prominent



being Spotify.

From the Home Screen, you can tap on the icons to access them as you would on your iPhone or iPad. You can also make use of Siri, which represents the least intrusive (and safest way) to interact with Carplay. In fact, most aftermarket in-car multimedia receivers that support Carplay will include a microphone to let Siri work better.

Most of these receivers will let drivers reconfigure their steering wheel controls to allow for quick activation of Siri. And if your car has knobs or controllers that are used to control its native multimedia system, you can also use those to control Carplay.

## PHONE

Naturally, the Phone app lets you take calls. And you can select from the usual "Favorites," "Recents" or "Contacts." It's easy to select an individual from your contacts because there's an option to the left that allows you to browse alphabetically. It's definitely a very well thought out feature. There's also a keypad option for drivers to input the numbers directly.

## MAPS

Apple Maps is the only navigation application on Carplay, and works mostly like Apple Maps on your iOS device.

One thing to note is that you cannot pinch to zoom in or out. Instead, there are dedicated buttons for that. This is to make sure drivers do not inadvertently zoom in on the wrong spot on the maps.

In the top right corner, you will see the heading "Destinations." Inside, you will find the most recently searched-for addresses. And thanks to the close integration of Mac OS X and iOS, you can even search for an address on the Maps app on your Mac computer and send it to

your iPhone so that it shows up on Carplay. Of course you can also search for new directions either through the touchscreen or via Siri.

Like any decent standalone GPS navigation device, the Maps app will offer up to three alternatives when you request for a route. And as you drive along, it will also prompt you whenever there is a turn approaching or if you need to take a particular exit on the expressway.

## ENTERTAINMENT: MUSIC, AUDIOBOOKS, PODCASTS

The Music app is where you find and play all your music. All the tracks that you have already synced with your iPhone will show up here. And it is quite easy to navigate. One quick way to search and play a song is to choose the option that lists all your songs alphabetically.

Alternatively, you could use Siri. For example, if you have music from Elton John in your iPhone, you could simply activate Siri and say: "Play

tracks from Elton John."

If you're an Apple Music subscriber, you can also stream music over Carplay. However, the Apple Music functionality is not so well implemented here, and the only viewable option is the Radio app, which shows only your most recently played radio stations.

On the upside, you can get Apple Music to work via Siri. So, barking commands like "Play top hits from Mariah Carey" or "Play dance music" will play those tunes.

Tapping on the Audiobooks app lists all the audiobooks that you have downloaded onto your iPhone. However, that's all there is to it – you cannot browse, download or purchase new ones on Carplay.

On the other hand, the Podcast app is much more useful. Apart from showing your downloaded podcasts, you can also browse through popular ones.

Naturally, to minimise any form of distractions, Carplay will play only audio for video podcasts.

A WAY FOR  
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IN THEIR  
CAR'S BUILT-  
IN DISPLAY.





# MILLING AROUND AMSTERDAM

SHORT DISTANCES AND VARIED ATTRACTIONS MAKE HOLLAND IDEAL FOR A ROAD TRIP ADVENTURE, SAYS KELVIN TAN.

**S**pring's a great time to take a road trip through the Netherlands – its motorways are easy as heck to whiz about, with secondary roads that take one past pretty villages and beautiful countryside. On top of that, Amsterdam's one of the best cities in the world to get a taste of Europe. So when Volkswagen invited us to head there to try out its all-new Touran, it was easy to say yes.

## HITTING THE ROAD

After a relatively comfortable 13-hour flight, we reached Amsterdam's Schiphol Airport and were immediately greeted by a fleet of spanking new Tourans awaiting us in the carpark. Here, the first test of any road-trip-worthy car began: Was the boot able to accommodate the luggage we'd brought along, as well as the anticipating shopping sprees that would ensue, given how low the euro has been in the currency market of late?

We hadn't hit the road yet and already the Touran was impressing. Despite shoving in two bulky bags and one hard-shell suitcase, there was plenty of room

in the boot, which was probably due to its broad 1.49m width. Definitely enough room for a shopping haul, we chuckled to ourselves.

## CAN'T MISS THE WINDMILLS

It was time to start our Amsterdam adventure, and armed with a trusty map provided by Volkswagen, and coordinates set in the Touran's GPS, we made speedy headway to our first stop – Zaanse Schans ([www.dezaanseschans.nl/en/](http://www.dezaanseschans.nl/en/)). The region's windmills used to help produce linseed oil, paint, snuff, mustard, paper and other products, though today, many of the village's

characteristic houses are now museums, gift shops or workshops, while others are still used as private residences.

Once we reached there, it was instantly obvious why tourists have flocked to Zaanse Schans for generations. Apparently, it attracts nearly a million visitors a year – watching windmills lazily making art with the backdrop of Dutch tulips and blue skies is simply too magnificent to miss.

### NOW FOR SOME SHOPPING

The second day was reserved for hitting Amsterdam Central – and this was going to prove to be a bigger test for the Touran. Getting out from our hotel, the Hotel De Hallen ([www.hoteldehallen.com](http://www.hoteldehallen.com)), wasn't difficult at all, as it is located in Bellamyplein, which is a pretty central spot.

But while remembering to stay on the left side of the road was easier on the expressways, in the city centre, it's a different story. One wrong turn and you're pretty much in the wrong lane of traffic, announcing to the world your tourist status. It also doesn't help that

## "WATCHING WINDMILLS LAZILY MAKING ART WITH THE BACKDROP OF DUTCH TULIPS AND BLUE SKIES IS SIMPLY TOO MAGNIFICENT TO MISS."

there's constant construction and narrow, winding streets to contend with. Thankfully, the Touran was pretty nimble and we avoided the myriad of cyclists. Speaking of bikers, they are everywhere in the city – and they have the right of way and know it. So keep a keen eye on your blind spot at all times.

It took close to about 30 minutes to reach Nieuwendijk-Kalverstraat, a 1km stretch of shops. But we soon realised that, after checking Google Maps, it would have taken us just 20 minutes to walk there from the hotel.

Unfortunately, we were delayed by unloading trucks along one-way streets. Again, that's Amsterdam road culture – it will take about 10 minutes, and everyone just has to twiddle their thumbs.

At least Nieuwendijk-Kalverstraat was worth the wait – it's basically dedicated to clothing, sportswear, music and gift shops with that special Amsterdam shopping vibe. We picked up local delights such as gouda cheese, as well as sampled pretty good Amsterdam fare. If you're on a budget, look out for a chain of stores called Febo – it's got really good local delights like Dutch croquettes for just a single euro!

### GET CULTURAL

While strolling by one of the many canals, we were also accosted by boatloads of nubile Dutch lasses. Apparently, it's part of the tourist attraction, and it reminded us that there was more to Amsterdam than its superficialities.

It was time to delve a bit more into the art and culture scene, and our first thought was to hit the iconic Anne Frank Museum ([www.annefrank.org](http://www.annefrank.org)). This was where the writer of the famous diary went into hiding from the Nazis during World War II. But to our horror, the queue to it snaked not just past one lane but seven! Fortunately, we went online and were able to procure tickets for entry around three hours later. Make sure you buy your tickets online before you swing down.

The extra time came in handy, though. It gave us a chance to head to the reopened Rijksmuseum, which boasts art masterpieces from luminaries such as Rembrandt and other Dutch masters. It's also right next to the Van Gogh Museum, and walking through the halls and looking at the various art pieces is really one of the things that should be on every traveller's bucket list. Then again, it probably is, given the museum recorded 2.45 million visitors in just 2014 alone.

Then it was time to head home. One final drive back to Schiphol Airport and we waved our Touran goodbye. We're certainly looking forward to seeing this model hit our shores in 2016!



# HIGH-TECH SHUTTERBUG

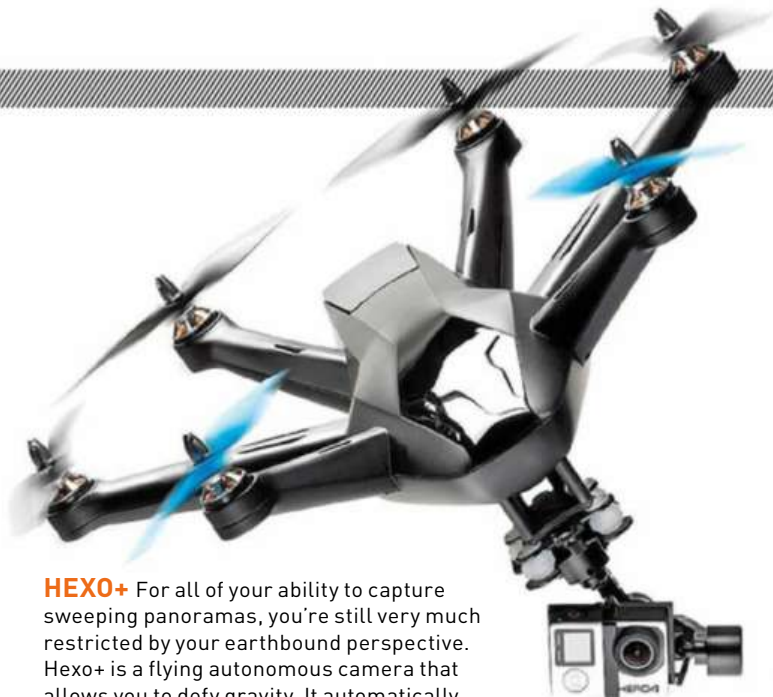
BREAK FREE FROM THE LIMITATIONS OF TRADITIONAL CAMERAS WITH THESE FORWARD-THINKING GADGETS.



## DXO ONE

Your iPhone has a great camera, but it's no DSLR. But with the DxO one, it can be. The palm-size shooter attaches to your iPhone via a Lightning connector, and allows you to capture DSLR-like images with a 1-inch sensor and F1.8 aperture. It doesn't need an iPhone to work, but the iOS companion app adds intuitive control over things like aperture, shutter speed and ISO. And for all the photography buffs out there, you'll be pleased to know that it lets you shoot wonderfully detailed images in RAW as well.

[www.dxo.com/us](http://www.dxo.com/us)



**HEXO+** For all of your ability to capture sweeping panoramas, you're still very much restricted by your earthbound perspective. Hexo+ is a flying autonomous camera that allows you to defy gravity. It automatically tracks you so you're always framed within every shot. Simply choose the right capture angle from your phone and enjoy breathtaking hands-free photography from dramatic heights. It comes with six motors, a titled frame and an aerodynamic shell to help withstand winds of up to 24km/h. Action cam not included, though.

[www.hexoplus.com](http://www.hexoplus.com)

**PODO** This is a tiny camera that sticks to any surface – wall, street lamp and railing will do just fine – allowing you to simply hop into the frame. It's also Bluetooth-compatible, which means you can pair it with your phone to snap a picture, preview photos and transfer it instantly. It sports an 8MP sensor that can record up to two hours of 720p video. This is the bane of all selfie sticks.

[www.podolabs.com](http://www.podolabs.com)



**SPHERICAM** The Oculus Rift is due for an early 2016 release. Now, you have a camera that lets you record video for playback on a VR headset like the Rift. Sphericam is a 360-degree-faceted sphere video recorder that can shoot 4K video at 60fps. It begins recording at the push of a button, and videos can be viewed on a tablet or laptop as well. Video is captured by six cameras located around the 65mm wide device. White balance, exposure and other video settings are automatically synced across all the cameras.

[www.sphericam.com](http://www.sphericam.com)

**VEHO MUVI K2NPNG** This action-cam bundle comes with a rugged waterproof case, anti-fog inserts, a camera measuring only 6cm across, and practically every mounting option you can think of. It allows you to capture high-definition videos of up to 1080p as you take on mud, sweat and fear. There's a clip-on LCD screen to let you playback footage out in the field, and also a protective box for checking in (just in case).

[www.veho-world.com](http://www.veho-world.com)

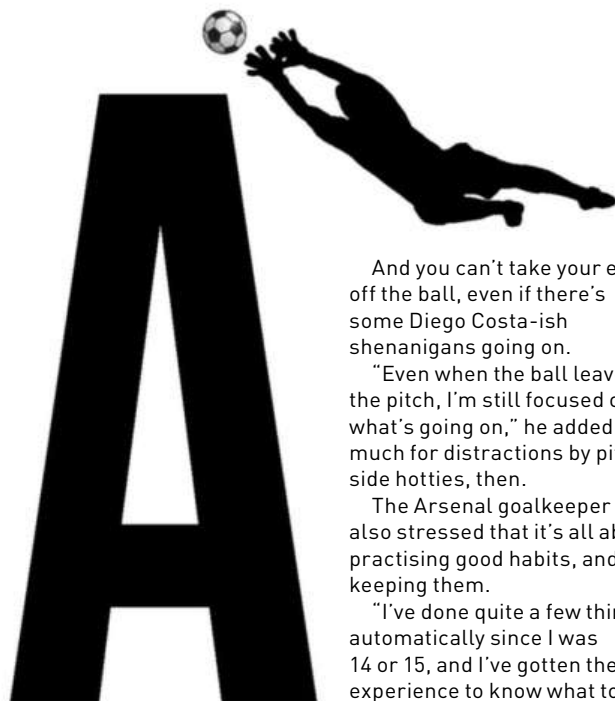
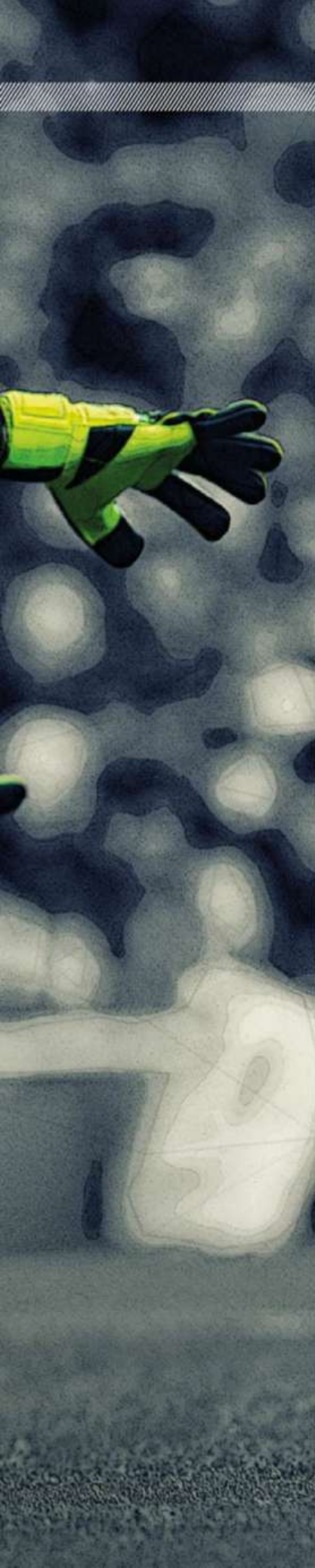




# KEEP YOUR HEAD IN THE GAME

WORLD-CLASS GOALKEEPER PETR CECI  
SHARES WHAT IT TAKES TO KEEP A CLEAN SHEET,  
SHOULD YOU HAVE TO TAKE A TURN IN GOAL.

PHOTO: COLONSPORT/CORBIS



s of writing, Petr Cech is just one shutout away from taking the English Premier League's clean-sheet record. David James holds the distinction after keeping 170 clean sheets for Liverpool, Aston Villa, West Ham, Manchester City and Portsmouth.

But now, the goalkeeper is close to breaking the Englishman's record in just 340 games for Chelsea and Arsenal, and he equalled James' record in the Gunners' 3-0 win against Manchester United in October.

Impressively, that also means that the Czech has managed to shut out an opponent from scoring every other game!

Speaking to *Men's Health* while in Singapore earlier this year with Arsenal to promote the launch of the club's new away kit, the 33-year-old revealed the secret to how he reached this milestone. Apparently, it's all about focus for the custodian.

"I follow the game every second," Petr instructed. "When you follow the game, the possibility of being caught out is very small. As soon as the game starts, I follow the game and the players."

And you can't take your eye off the ball, even if there's some Diego Costa-ish shenanigans going on.

"Even when the ball leaves the pitch, I'm still focused on what's going on," he added. So much for distractions by pitch-side hotties, then.

The Arsenal goalkeeper also stressed that it's all about practising good habits, and keeping them.

"I've done quite a few things automatically since I was 14 or 15, and I've gotten the experience to know what to look out for."

What things? we asked. Apparently, he's a big fan of breathing right, and the science backs him up.

The thing is, breathing is an automatic function of the body that is controlled by the respiratory centre of the brain. When we feel stressed, our breathing rate and pattern change as part of the fight-or-flight response.

Scientific studies have shown that controlling your breath can help to manage stress and stress-related conditions. Breath control is also used in practices such as yoga, tai chi and some forms of meditation.

Petr concurred, saying: "The important thing is to have a good pattern of breathing, because then you can relax. The concentration takes up a lot of energy. And if you have good blood circulation and good breathing, then you'll feel refreshed."

Don't worry too much if it takes time before keeping a clear head becomes natural, though, as he shared a final parting shot: "When it comes to breathing, just keep to a certain rhythm. Everyone has his own, and it will take some time to find your own flow."

## PETR CECHE'S TROPHY HAUL

**It boggles the mind when you see the list of accolades and laurels the Czech has won over his football career.**

**Uefa Champions League**  
2012

**Premier League**  
2005-06, 2010 & 2015

**Uefa Europa League**  
2013

**FA Cup**  
2007, 2009-10 & 2012

**League Cup**  
2005, 2007 & 2015

**FA Community Shield**  
2005, 2009 & 2015

**Chelsea Player of the Year**  
2011

**Chelsea Outstanding Achievement Award**  
2007

**Premier League Golden Gloves award**  
2005 (21 clean sheets), 2010 (17 clean sheets) & 2014 (16 clean sheets, shared with Wojciech Szczesny)

**Uefa's Most Valuable Goalkeeper**  
2005, 2007-08

**Golden Ball Trophy for the Best Czech Footballer**  
2005-08, 2010-13

**Czech Republic Footballer of the Year**  
2005, 2008-13

**International Sports Press Association Best Goalkeeper of the Year**  
2007

**Runner-up**  
Uefa Champions League 2008, Fifa Club World Cup 2012, Uefa Super Cup 2012-13, League Cup 2008, FA Community Shield 2007 & 2012



# GAME RAISERS

THERE'S NO GEAR MORE IMPORTANT THAN THE BOOTS YOU PUT ON WHEN IT COMES TO FOOTBALL. WE REVIEW THE TOP SEVEN ON THE MARKET TODAY.

## 1/ MIZUNO MORELIA

NEO, \$399,

■ [www.mizuno.eu/sports/football](http://www.mizuno.eu/sports/football)

RATING: 8/10

► This one's for the kangaroo leather fans. While synthetic boots are the rage these days, there's nothing more comfortable than a leather boot, as it will actually stretch and conform to the uniqueness of your foot over time. It also offers more protection as it's usually thicker, which is fantastic if you're the type of dribbler who gets your feet stepped on a fair bit. The Morelia Neo provides a quilted luxurious feel, as the stick lines in the upper offer a secure fit and an enhanced sense of touch, while its sole plate provides enhanced flexibility and durability with exceptional weight benefits. In a nutshell? It's light, it's comfortable, it's made of K-leather. The downside? It's a wee bit tight and will take at least 10 games to break in. But after that, you'll have a boot to savour for months on end.

## 2/ NEW BALANCE

FURON, \$229,

■ [www.newbalance.com.sg](http://www.newbalance.com.sg)

RATING: 7/10

► The Furon promises much for those with a need for speed – it's upper is the ultra-light, Fantomfit-engineered high-energy-return synthetic. Essentially, compared to its sibling the Visaro, the Furon is a "speed" boot headlined by the likes of Jesus Navas, Adnan Januzaj and Alvaro Negredo. The pluses? It looks as good as it's light, with a distinctive honeycomb structure in clean white contrasting beautifully with the red parts of the boot. It is, however, pretty tight, so for

those with wider feet, they'll have to hunt around for the wide-fit cut of the Furon.

## 3/ PUMA EVOPOWER, \$279,

■ [www.puma.com](http://www.puma.com)

RATING: 9.5/10

► The Evopower is everything any amateur player wants of his football boot. Puma undertook extensive research into the anatomy of feet and found that the natural flexibility of your foot as well as the curling of your toes result in increased power of your shot, while adding padding to your foot would increase

accuracy. The fruits of its labour? The grooves and bumps that run from the forefoot up to the medial side of the boot, which Puma have branded "Grip-Tex." Basically, why are we raving about this boot? Wearing it for a month, we averaged an astounding 15 goals in five games – almost a hat-trick each match! (No, we weren't playing against schoolkids.) This boot is stable and comfortable, yet tough where it matters, which is why it receives all the kudos we can give it.

## 4/ PUMA

EVOSPEED SL, \$309,

■ [www.puma.com](http://www.puma.com)

RATING: 6/10

► Those into superlight boots, your wishes have come true. This version of the Evospeed is Puma's lightest ever football boot. Weighing just a mere 103g, stars like Radamel Falcao, Marco Reus and Antoine Griezmann have already been seen speeding around in it (okay, sadly maybe not Falcao). What distinguishes this edition is how its ultra-thin textile upper material is made for flexibility,



■ TEXT KELVIN TAN ■ ART DIRECTION & DIGITAL IMAGING ASHRUDDIN SANI ■ PHOTOGRAPHY VERNON WONG ■ PHOTO (BALL) TITONZ/123RF



providing a closer ball touch. It's so thin it's nearly transparent. But here's the rub: If you're the kind who plays thrice a week, the boot won't last a month. It even comes with a sticker that reads: "The Evospeed SL is not for training days. It's for your best days. Your match days. It may only be used on real grass. Due to its extremely lightweight design, it's expected to last up to 10 games. But the moments it creates will last forever." For \$309, that's gonna mean \$30 dollars a wear!

**5/ADIDAS X, \$299,**  
■ [www.adidas.com.sg](http://www.adidas.com.sg)  
**RATING: 8/10**

► When you put on this shoe, it feels immediately like an extension to your limb, with the Primeknit upper clinging tightly to your foot. Although this gives confidence whenever you sprint or attempt a sudden change in direction, it's harder to wrap your foot around the ball, especially when it comes to crossing. Attackers will however adore the kick's claw stud configuration, allowing one to pirouette on various

pitch surfaces and losing his marker with a drop of the shoulder or a change in pace.

**6/NEW BALANCE VISARO, \$229,**  
■ [www.newbalance.com.sg](http://www.newbalance.com.sg)  
**RATING: 8.5/10**

► This boot promises comfort and stability, with the shoe's Super-flex soleplate adding a very flexible spring to your step. Its wider forefoot design will please many Sunday League footballers who complain about restricted movements from other models, while its medial pivot zone allows one to do a quick turn and gain that extra

split second to outwit a defender. The external heel counter is a little stiff, which might hinder those with a running gait that leans towards the back foot.

**7/ADIDAS ACE, \$299,**  
■ [www.shop.adidas.com](http://www.shop.adidas.com)  
**RATING: 7.5/10**

► The Ace is a pro-level boot designed for the playmaker – the player who controls the game. How does it play? Pretty well. It's lighter than it looks, tougher than it feels, and more comfortable than you'd expect from a fully synthetic boot. The downsides? The sole's a bit stiff – we took about 10 to 15 games before it fully broke in. And the Totalskin upper is a bit too thin as well. One hard tackle and we'd worry about our metatarsals.

# WE ARE NO.1! CONSUMER ELECTRONICS MAGAZINE OF THE YEAR\*

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\*MAGAZINE OF THE YEAR 2014 RANKINGS, LIGHTHOUSE RESEARCH.

SPHmagazines

# GROOM LIKE A CHAMP

Time to reveal the aces in the 2015 Men's Health Grooming Awards.

• Text Mcken Wong • Art Direction Pauline Tan  
• Main Photo Darren Chang • Product Photos Angela Guo & Darren Chang • Digital Imaging Jason Tan  
• Model Photos Michael Tan • Styling Sheh  
• Grooming Dax Lye • Outfits Gap



**I**t's not easy to be a guy these days. We're expected to be polished, both in and out of home and workplace, 24/7. But if you think you've got it hard, there are men who have standards set on them that are even higher. They're often

under the media spotlight, scrutinised and observed, interviewed and photographed. And they're expected to look good even after a hot, sweaty workout. They are the footballers.

Football is a cul de sac of dirt and grime, not forgetting the rough and tumble that may happen on a heavy, soggy pitch. But how many

times have the cameras zoomed in on a player with his hair looking sleek like an Italian mafioso, his face glistening from sweat but void of blemish?

As part of this year's *Men's Health* Grooming Awards, we've enlisted three professional local football players – Irfan Fandi, Gabriel Quak and Isa Halim. They

share their grooming tips and tricks, and what it takes to wow fans and leave the ladies screaming.

Apart from the trio, fellow *Men's Health* readers have also joined the fray in squeezing, smearing and spraying every product that was submitted for the Awards – grading each one that worked, and benching stuff that don't.



## THE VETERAN

**ISA HALIM, 29**  
Tampines Rovers,  
Defensive Midfielder

A regular fan favourite, Isa remains the same hardworking defensive midfielder who burst onto the S-League scene 10 years ago. Although battle-hardened by the nature of his position, his skin remains vibrant, and that is due to his experience with grooming products – he knows what he needs. “I have an oily face, so I’m not too keen on applying moisturisers,” he says. “I do wash my face often with a cleanser, besides applying after-shave lotion as well as sunscreen during the day.”

“It’s vital to use a good facial cleanser to remove dirt, excess oil and bacteria,” says Dr Teo Wan Lin, a dermatologist at Raffles Hospital. “A facial moisturiser is not necessary for oily or acne-prone skin. For footballers, they can apply water-resistant sunscreen 30 minutes before a match, and if they’re training throughout the day, reapply every three to four hours. A spray-on sunscreen formulation is suitable for athletes who may prefer its lightweight and cooling sensation.”

**“I DO WASH MY FACE  
OFTEN WITH A  
CLEANSER, BESIDES  
APPLYING SOME  
AFTER-SHAVE LOTION  
AS WELL.”**

– Isa Halim

# FACE



## LAB SERIES Multi-Action Face Wash (BEST ALL-SKIN FACE WASH)

This super-foaming cleanser will help exfoliate and clean up your mug. Dead skin cells are removed by special purifying beads, which also improve the clarity and smoothness of your skin. **\$41, [www.facebook.com/labseriessingapore](http://www.facebook.com/labseriessingapore)**



## ORIGINS Make A Difference Night (BEST ALL- SKIN MOISTURISER)

This overnight hydrating repair cream is Origins' answer to dry skin – locking moisture on the dermis and optimising the skin's overnight repair ability. **\$78, [www.origins.com.sg](http://www.origins.com.sg)**



## NIVEA MEN Oil Control Brightening Mud Serum Foam (BEST OIL-CONTROL FACE WASH)

Be refreshed by the presence of menthol,

as Nivea's mud serum foam controls oil production and provides an effective brightening effect for your dermis.

**\$12.90, [www.nivea.com](http://www.nivea.com)**



## CETAPHIL Gentle Skin Cleansing Cloths (BEST FACIAL WIPES)

Here's a fuss-free way of removing dirt from your face, with Cetaphil's non-irritating cleansing cloths that contain menthol for a cooling effect, as well as charcoal to unclog pores. **\$13.90, [www.cetaphil.com.sg](http://www.cetaphil.com.sg)**



## LAB SERIES Pro LS Lip Tech Lip Balm (BEST LIP BALM)

This all-day balm moisturises and softens with a formula that contains shea butter and squalane. The presence of beeswax leaves behind a matte finish instead of gloss.

**\$19, [www.facebook.com/labseriessingapore](http://www.facebook.com/labseriessingapore)**



## ORIGINS Ginzling Refreshing Face Mask (BEST FACE MASK)

This icy-cool gel-like mask invigorates and refreshes tired dermis, comprising ingredients such as coffee beans and cucumber to let your skin glow. **\$50, [www.origins.com.sg](http://www.origins.com.sg)**



## SK-II Men's Facial Treatment Essence (BEST FACIAL ESSENCE)

Its pitera-filled formula enhances and smoothens the skin, evening out the tone and increases its firmness. Other perks include its ability to hydrate, moisturise and reduce wrinkles. **\$99-\$233, [www.sk-ii.com.sg](http://www.sk-ii.com.sg)**



## MANCEUTICALS Dark Circle Eye Treatment (BEST DARK CIRCLE EYE TREATMENT)

This eye gel contains an advanced peptide technology that helps to reduce eye bags and dark circles. Also, tired under-eye skin is made to feel more relaxed, while being moisturised at the same time. **\$105, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**



## KIEHL'S Facial Fuel "Heavy Lifting" Eye Repair (BEST ANTI-FATIGUE EYE TREATMENT)

Here's an ideal partner to tackle ageing signs that plague your eyes, such as deep-set crow's feet and wrinkles. This multi-action cream visibly strengthens ageing skin around the eye area to provide a more youthful look. **\$52, [www.kiehls.com](http://www.kiehls.com)**



## LANCASTER Skin Therapy Day Shield UV-Pollution SPF 30 (BEST FACE SUNBLOCK)

If you're looking for a trusty barrier against infrared rays, pollution and UVs, then this is it. Your fingers won't feel greasy, plus your dermis can still breathe easy after application. **\$67, [www.lancaster-beauty.com](http://www.lancaster-beauty.com)**



## PORCELAIN Balance Hydraclear Gel (BEST SKIN REPAIR GEL)

Poach acne and bacteria with Porcelain's powerful gel. It's capable of maintaining sebum balance and preventing inflammation on the dermis, resulting in a brighter and healthier skin without peeling. **\$108, [www.porcelainfacespa.com](http://www.porcelainfacespa.com)**



"IT'S VITAL TO USE A  
GOOD FACIAL CLEANSER  
TO REMOVE DIRT, EXCESS  
OIL AND BACTERIA."



## THE PRO

**GABRIEL QUAK, 24**  
Lions XII, Midfielder

This was a man who was criticised last year for his poor form, but rallied to stake his claim as a key member of the Lions XII. While Gabriel wills himself to improve and play well, he's more relaxed about his grooming habits, given how he plays on the pitch is more important than how he looks off it. "I know exactly what my routine is – and it's simple," he says. "I'll use a face wash and maybe a toner once in a while. I do shave if there's a need to, and I put on sunscreen during morning training sessions to protect my skin."

While there's nothing wrong with shaving as and when you like, most men seldom adhere to proper hygiene standards. Some even skip the shaving cream altogether. "Before shaving, cleanse and wet your skin and hair to soften it, before applying shaving cream or gel," says Dr Teo. "It's important to shave in the direction that hair grows to minimise irritation, as well as to change blades regularly or throw disposable ones away after five to seven uses. Men with acne should take special care while shaving, as this can worsen acne."

**"I TRY TO PUT ON  
SUNSCREEN DURING  
MORNING TRAINING  
SESSIONS TO  
PROTECT MY SKIN."**

– Gabriel Quak



**MENSCEIENCE**  
Acne Therapy Lotion  
(BEST ACNE CREAM)

Besides having the ability to repair acne-damaged skin, this ultralight oil-free lotion contains ingredients that possess anti-ageing properties as well as encourage cell renewal. **\$65, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**



**BIOTHERM HOMME**  
T-Pur Anti-imperfections Correcting Concentrate  
(BEST ANTI-BLEMISH MOISTURISER)

With this anti-blemish concentrate that's suitable for oily and acne-prone skin, breakouts are reduced and your dermis will also feel calmer without those stinging sensations. **\$58, [www.biothermsg.com](http://www.biothermsg.com)**



**ZA MEN**  
Ultimate White Brightening Cleanser  
(BEST UV DAMAGE-CONTROL CLEANSER)

Exfoliate dead skin cells with this foamy deep cleanser, which helps to brighten up your mug and protect the dermis from harmful UV damage. Suitable for the active man. **\$9.90, [www.za-cosmetics.com](http://www.za-cosmetics.com)**

★★★  
**BODY** 



**ORIGINS**  
Clear Improvement Purifying Charcoal Body Wash  
(BEST BODY WASH)

Overcome dirt with this convenient body wash – headlined by the spirited scents of spearmint and rosemary. The presence of bamboo charcoal unclogs pores, too. **\$41, [www.origins.com.sg](http://www.origins.com.sg)**



**MALIN + GOETZ**  
Peppermint Body Scrub  
(BEST BODY SCRUB)

Enjoy the perks of this foaming gel that delivers hydrating exfoliation. The bamboo and pumice in it help to get rid of dead skin cells, as well as stimulate cell renewal. **\$56, [www.weneedahero.sg](http://www.weneedahero.sg)**



**DERMAGOLD**  
Aroma Slim Serum  
(BEST TONING SERUM FOR THE ABDOMEN)

This paraben-free serum targets the

abdomen, and contains fat-burning ingredients that help with body-shaping and contouring. It also promotes detoxification.

**\$69-\$118, [www.dermagold.sg](http://www.dermagold.sg)**



**HUMAN+KIND**  
Shampoo + Bodywash  
(BEST 2-IN-1 BODY WASH)

This dual-purpose wash is rich in antioxidants, vitamin C as well as omega-6 and -9 – key components in helping to nourish both your crop and skin. **\$25, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**



**LAB SERIES**  
Pro LS Antiperspirant Deodorant Roll-on  
(BEST DEODORANT)

Possessing a quick-drying formula, this nifty product has a roller-ball system that glides smoothly upon application. It is fragrance-free and combats wetness and odour. **\$35, [facebook.com/labseriesingapore](http://www.facebook.com/labseriesingapore)**

"IT'S IMPORTANT TO SHAVE IN THE DIRECTION THAT HAIR GROWS TO MINIMISE IRRITATION."

★★★  
**SHAVE** 



**LAB SERIES**  
Maximum Comfort Shave Cream  
(BEST SHAVING CREAM)

Capable of neutralising skin irritation and redness, this pre-shave cream contains a cationic polymer complex to leave behind a well-conditioned and supple skin. **\$33, [www.facebook.com/labseriesingapore](http://www.facebook.com/labseriesingapore)**



**BILLY JEALOUSY**  
Lightning Bolt Electric Pre-shave Solution  
(BEST SHAVING GEL)

This transparent shaving gel provides a smoother and soothing blade-to-skin experience, leaving behind traces of lavender, sandalwood and sage scents. **\$26, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**



**GEO.F. TRUMPER**  
Sandalwood Skin Food  
(BEST AFTER-SHAVE TREATMENT)

Be it pre- or post-shave, this alcohol-free balm has a formula that delivers an intense moisturising effect. Still, it's extremely mild and can even be used on chafed dermis. **\$50, [www.weneedahero.sg](http://www.weneedahero.sg)**



**GENTLEMAN'S TONIC**  
Classic Shave Cream  
(BEST PRE-SHAVE TREATMENT)

With no artificial colours or preservatives, this cream has a deeply moisturising formula that softens the beard and protects the dermis by preventing razor burns and reducing sensitivity. **\$35, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**

## THE ROOKIE ➔

### IRFAN FANDI, 18

Courts Young Lions,  
Striker/Attacking  
Midfielder

Pedigree matters. Apart from inheriting obvious footballing talent and skills from his father – Singapore legend Fandi Ahmad – Irfan knows a thing or two about looking good, especially when it comes to hair care. Just look at the neat quiff he spotted during the recent Sea Games. That's down to having former model Wendy Jacobs as his mum. "She advised me to use a heat protectant when I blow-dry my hair before styling. This prevents damage," he says. "I've also been applying argan oil to help nourish my crop. I've also received keratin treatment before to straighten my hair, which was really curly in the past."

Hair-styling products may be useful, but they can be difficult to wash off. If poorly managed, the residue might even lead to problems such as dandruff and an itchy scalp. "For hair that is heavily styled with products, one tip is to apply a conditioner to the hair for detangling before shampooing," says Dr Teo. "If you have dandruff, use an anti-dandruff shampoo containing zinc pyrithione, and a mild shampoo if you have dry scalp."

**"I USE A HEAT PROTECTANT WHEN I BLOW-DRY MY HAIR SO AS TO PREVENT DAMAGE. I USE ARGAN OIL TO NOURISH IT, TOO."**

– Irfan Fandi

# HAIR



## HEAD & SHOULDERS Cool Menthol (BEST SHAMPOO)

Get a satisfying hair wash with this highly efficient anti-dandruff shampoo, which is armed with intensified profiles of fragrances such as wild strawberry and dewy melon. **\$8.85, [www.headandshoulders.com](http://www.headandshoulders.com)**



## TONI & GUY Men Styling Pomade (BEST POMADE)

This product can be easily manipulated between palms and onto the crop, giving shine and polish to the final appearance. **\$19.90, [www.toniandguy.sg](http://www.toniandguy.sg)**



## MARC ANTHONY Oil Of Morocco Argan Oil Volume Shine Hairspray (BEST VOLUME HAIRSPRAY)

A non-water-based styling hairspray that

holds without flaking, this product contains argan oil, keratin, as well as grape seed oil to nourish and strengthen your crop. **\$6.90-\$19.90, [www.marcanthony.com](http://www.marcanthony.com)**



## GENTLEMEN'S TONIC Structure (BEST HARD-HOLD STYLING PRODUCT)

Here's a non-greasy clay to help style and coax your hair in place. Besides giving your crop a matte finish, the end result delivers a firm but natural appearance. **\$36, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**



## GATSBY Super Hard Set & Keep Spray (BEST HARD-HOLD HAIRSPRAY)

This hairspray delivers a non-sticky super hold to your just-done-up hairstyle, and even maintains its shape in humid conditions. There's natural shine, too. **\$9.20, [www.gatsby.sg](http://www.gatsby.sg)**

"FOR HAIR THAT IS HEAVILY STYLED WITH PRODUCTS, ONE TIP IS TO APPLY A CONDITIONER TO THE HAIR FOR DETANGLING BEFORE SHAMPOOING."

# FRAGRANCE



## GIORGIO ARMANI Armani Prive Ambre Eccentrico (BEST WOODY SCENT)

By blending amber and the aromas of tonka bean, cinnamon and prunel, the end result is an unconventional scent with additional notes in the form of peach and leather. **\$340, [www.armanibeauty.com](http://www.armanibeauty.com)**



## GENTLEMEN'S TONIC Sinsa Eau De Toilette (BEST EVENING SCENT)

Meant to evoke the traits of a gentleman, this creation contains notes of bergamot, black pepper, spice, as well as cedar wood – seemingly crafted for that evening date. **\$145, [www.whatthewants.com.sg](http://www.whatthewants.com.sg)**



## DIOR Homme (BEST COLOGNE)

Refreshingly light and not overpowering, Dior's blend comprises neat top notes of calabrian bergamot, supported by Moroccan grapefruit blossoms and white musks. **\$114-\$158, [www.dior.com](http://www.dior.com)**



## HUGO BOSS Intense (BEST SPICY SCENT)

This classic fragrance may be packed with spices and precious oils to reflect a man's strength, but top notes of crisp apple and green orange blossoms add depth. **\$106-\$130, [www.fragrances.hugoboss.com](http://www.fragrances.hugoboss.com)**



## DOLCE AND GABBANA Light Blue (BEST DAYTIME SCENT)

The masculine combination of ambergris, dry woods and musky notes shines through, passing off summer vibes that are enhanced by grapefruit and mandarin. **\$91-\$161, [www.dolcegabbana.com](http://www.dolcegabbana.com)**



In the digital edition, find out what are our Editor's Picks for each category. Download *Men's Health Singapore* now on Magzter or Apple Newstand.



## STOCKISTS

**Billy Jealousy**  
WhatHeWants, #03-30  
Orchard Central, tel: 6634-0386,  
www.whatthewants.com.sg

**Biotherm Homme**  
#03-01 Raffles City Shopping Centre,  
tel: 6339-7685, www.biothermsg.com

**Cetaphil**  
Watsons, www.watsons.com.sg

**Dermagold**  
Hadara Aesthetics Boutique,  
23 Lorong Telok, #01-01, tel: 6969-3022,  
www.dermagold.sg

**Dior Fragrances**  
#01-22 Ion Orchard, tel: 6509-8828,  
www.dior.com

**Dolce and Gabbana**  
Sephora, #L1-05/06 Ion Orchard,  
tel: 6509-8255, www.sephora.sg

**Gatsby**  
Fairprice, www.fairprice.com.sg

**Gentlemen's Tonic**  
WhatHeWants, #03-30  
Orchard Central, tel: 6634-0386,  
www.whatthewants.com.sg

**Geo.F. Trumper**  
We Need A Hero, 57 Eng Hoon Street,

#01-86, tel: 6222-5590,  
www.weneedahero.sg

**Giorgio Armani Parfums**  
Tangs Orchard, tel: 6737-5500,  
www.tangs.com

**Head & Shoulders**  
Fairprice, www.fairprice.com.sg

**Hugo Boss Fragrances**  
Sephora, #01-05/06 Ion Orchard,  
tel: 6509-8255, www.sephora.sg

**Human + Kind**  
WhatHeWants, #03-30  
Orchard Central, tel: 6634-0386,  
www.whatthewants.com.sg

**Kiehl's**  
#B3-54 Ion Orchard, tel: 6509-8941,  
www.kiehls.com

**Lab Series**  
#B3-44 Ion Orchard, tel: 6238-8293,  
www.labseries.com.sg

**Lancaster**  
Sephora, #01-05/06 Ion Orchard,  
tel: 6509-8255, www.sephora.sg

**Malin + Goetz**  
We Need A Hero, 57 Eng Hoon Street,  
#01-86, tel: 6222-5590,  
www.weneedahero.sg

**Manceuticals**  
WhatHeWants, #03-30  
Orchard Central, tel: 6634-0386,  
www.whatthewants.com.sg

**Marc Anthony**  
Watsons, www.watsons.com.sg

**MenScience**  
WhatHeWants, #03-30  
Orchard Central, tel: 6634-0386,  
www.whatthewants.com.sg

**Nivea Men**  
Watsons, www.watsons.com.sg

**Origins**  
#B3-55/56 Ion Orchard,  
tel: 6238-6126, www.origins.com.sg

**Porcelain**  
Porcelain Aesthetics,  
#03-13 Orchard Gateway,  
tel: 6227-9692,  
www.porcelainfacespa.com

**SK-II**  
Sephora, #01-05/06 Ion Orchard,  
tel: 6509-8255, www.sephora.sg

**Toni & Guy**  
Watsons, www.watsons.com.sg

**Za Men**  
Watsons, www.watsons.com.sg

# Style<sup>®</sup>

& GROOMING

■ TEXT KENNETH WEE & DAN MICHEL ■ PHOTOGRAPHY CHARLES CHUA  
■ ART DIRECTION JASON TAN ■ STYLING SHEH ■ GROOMING DAX LYE



## SUITED FOR SINGAPORE

THE HEAT FORCES MOST GUYS TO SHED LAYERS. WE'LL HELP YOU MAINTAIN YOUR LOOK – AND YOUR COOL.

W

hen Mike Kasem left the US in 1995 to enter Singapore's show business, he assumed the climate here meant few fashion choices. "I thought everybody's going to be walking around in flip-flops and tank tops because it's a hot country," he says. "Turns out it's quite the opposite. Here was where I got my first taste of fashion at 21 years old, and I started thinking about what I was wearing when going out, instead of just putting on a T-shirt and jeans."

Today, the 42-year-old actor, who recently appeared in the Singapore film *1965*, believes that what you wear and how you wear it set the tone for who you are as a man.

SILK TIE, \$79, AND PURE WOOL HOUNDSTOOTH 3-PIECE SUIT, \$929, BOTH FROM **SUIT SUPPLY**. COTTON SHIRT, \$130, FROM **BANANA REPUBLIC**.



SINGLE BREASTED SUIT, \$779, AND SILK TIE, \$109, BOTH FROM SUIT SUPPLY. COTTON SHIRT, \$130, FROM BANANA REPUBLIC.



"I love wearing suits," Mike says. "I definitely got inspired by the movie *Kingsman* to wear suits – dress sharp, look nice and drink martinis.

"I've got all these leather trousers and funky shirts in my wardrobe, but I'm at the point in my life where it may be time to make the transition from that style to something a little more my age."

Think it's time to sport a more mature look? Adapt the following suits to your personal

#### GALLERY

Check out more Singapore-suited outfits in our digital edition. Download *Men's Health* Singapore now on Magzter or Apple Newsstand.



style, and you'll start making more grown-up choices.

#### THE TRUSTY TWO-BUTTON

If you don't wear suits often or want something that will work for most of the year, invest in a two-button lightweight wool suit in grey or navy. "It's the most dynamic suit you can buy," says Ryan Tristan Jin, author of *How to Tie a Tie*. "You can wear it nearly year-round to almost any occasion."

Look for the Super 100 wool suits, which are breathable and light enough to wear in Singapore and for overseas conferences. The higher the number, the finer and denser the fabric. Don't know the grade of the wool? Bunch the fabric in your hands and let go. If the wrinkles hold, it's too thick for the heat.

#### THE SOPHISTICATED THREE-PIECE

An extra layer of fabric might seem weird for a guy to throw on in Singapore, but bear with us. "Just take off the jacket – the vest will keep the tailored look intact," says Eric Jennings, men's fashion director at Saks Fifth Avenue. The key: Make sure the vest fits close to your body, and that your shirt has a slim cut – without extra material that will blouse out at the bottom, adds Eric. And keep that bottom vest button undone, as you would with your suit jacket.

"I LOVE WEARING SUITS. DEFINITELY GOT INSPIRED BY THE MOVIE *KINGSMAN* TO DRESS SHARP, LOOK NICE AND DRINK MARTINIS."



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# SCHOOL OF HARD KNOCKS

THESE RUGGED WATCHES CAN ENDURE ABUSE AND EMERGE STRONG, STILL TICKING – JUST LIKE YOU.

TEXT **KENNETH WEE**  
PHOTOGRAPHY **CHARLES CHUA**  
ART DIRECTION **PAULINE TAN**  
STYLING **SHEH**



W

Watch brands seem to be leaning towards the practical, with updates to classic models, muted colours, and a return to reliable materials like stainless steel and titanium.

Lightweight, durable, dent- and corrosion-resistant, and generally hypoallergenic, titanium boasts one of the highest strength-to-weight ratios of all watch materials. It's half the weight of steel – and 30 percent stronger. It features alongside other tough materials like bronze in this list of new watches that will help you push the limits in life.



**1/Casio G-Shock Gravitymaster**

The latest addition to the G-Shock range sports a lightweight titanium case, the ability to receive location and time data from GPS satellites or radio waves, and water resistance down to a depth of 200m.

**\$1,899, [www.casio-intl.com](http://www.casio-intl.com)**

**2/Iconic Guess**

The chronograph movement is encased in good old stainless steel with a matching bracelet strap, and is water resistant to a depth of 100m. The rose gold on blue combination makes this as much a fashion statement as a functional timepiece.

**\$378, [www.guesswatches.com](http://www.guesswatches.com)**

**3/Luminox P-38 Lightning Valjoux Chronograph Automatic 9461**

The vintage design pays homage to the P-38, the famous WWII fighter of the US Air Force. The case protects one of the best Swiss automatic chronograph movements you can find in the market.

**\$4,397.70, [www.crystaltime.com.sg](http://www.crystaltime.com.sg)**

**4/Vostok Europe Almaz**

Bronze, as used in this watch's case, is not only harder than stainless steel but also offers a larger degree of individuality because it produces a patina of copper oxide and discolours to a more bespoke finish.

**\$925, [www.redarmywatches.com](http://www.redarmywatches.com)**

**5/Tissot PRS 516 Extreme**

This modernised water-resistant PRS 516 has a 44.4mm case, a non-reflective sapphire crystal protecting the face, and an angular construction to keep the automatic chronograph movement safe from bumps.

**\$1,930, [www.tissot.ch](http://www.tissot.ch)**



**1/ Nautica NSR 103  
Tide Temp Compass**

This multi-function watch provides readings for temperature, tide cycles, geographical direction and, of course, time. It features a 46mm stainless steel case, and is water resistant to a depth of 100m. **\$369, [www.nautica.com](http://www.nautica.com)**

**2/Hamilton Khaki  
King Pilot Auto**

This stainless steel timepiece easily transitions from weekend to workweek. It's water resistant to a depth of 200m and has superluminova hands, which means it can still be read underwater, or in the darkest of storms. **\$1,450, [www.hamiltonwatch.com](http://www.hamiltonwatch.com)**



#### GALLERY

Hit our digital edition for more recommendations on rugged watches. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.



3



4



5

**3/Timex Expedition Vibe Shock T49984**  
Hardened mineral glass, 200m water resistance and a shock-resistant case make this one of Timex's most durable watches to date. There's also a night light and the option to set three silent vibration alarms – particularly useful for diving trips.  
**\$185, [www.timex.sg](http://www.timex.sg)**

**4/Victorinox Inox**  
This solid ticker can withstand drops from up to 10 m, or two hours at 90 deg C in a washing machine, or being run over by a truck. It also comes with a protective bumper to sit over the 43mm stainless steel case should you still have doubts about its toughness.  
**\$719, [www.victorinoxwatches.com](http://www.victorinoxwatches.com)**

**5/Nixon The 48-20 Chrono**  
Inspired by industrial equipment, this chronograph is as big on function as it is on durability. It features a sizeable 48mm case and 200m water resistance, with a rotating bezel and countdown timer.  
**\$649, [www.nixon.com](http://www.nixon.com)**

# POWERLIST



# 1



## TABLET UPSIZED

**GET THIS:** Apple iPad Pro.

**READY FOR:** A lighter (712g) and slimmer (6.9mm) laptop, but it is actually an iPad with upgraded specs. This machine has double the CPU performance of the iPad Air 2 (powered by the brand's third generation A9X chip). And with 5.6 million pixels conjuring magic on the Pro's retina screen, it should have plenty of artists and gamers clamouring for it. Music buffs will be happy to rely on the four-speaker audio system, but the 10-hour battery life is still cause for debate.

**THE BEST PART:** The new Apple Pencil. It's not marketed as a stylus but as a precise accessory that's sensitive to both tilt and pressure – so lines and shading are no longer a problem.

**COST:** US\$799 to US\$1,079 (\$1,130 to \$1,528), [www.apple.com](http://www.apple.com).





## SPHERE FORCE

**GET THIS:** Sphero BB-8 Droid.

**READY FOR:** One of the best *Star Wars* toys in recent times. Using gyroscopic propulsion and a magnetically attached head, the BB-8 – first seen in the trailer for *The Force Awakens* – is brought to life.

Each movement mimics the full-scale model that Sphero has made for Disney presentations. It can be manually controlled by an app downloaded on your smartphone or tablet, and can recognise and react to your voice.

**THE BEST PART:** Holographic messaging.

What you see on the screen can now be brought to life when you record and view virtual holographic videos with this advanced toy. What's more, its attitude and actions will gradually evolve based on how you interact with it.

**COST:** US\$150 (\$212), [www.amazon.com](http://www.amazon.com).

# 2



# 3

## CLEVER ROUTER

**GET THIS:** Google Onhub Router.

**READY FOR:** Fast Wi-Fi experience at home like no other. Gone are the days when you trudge out of your room frustrated and trying to reset the troublesome router due to poor Wi-Fi. Not only is Google's latest gadget clever (it updates itself without interrupting service), it can also speak "human" – like telling you exactly what went wrong and how to fix it.

**THE BEST PART:** Download the Google On app and you can see which devices are connected to your Wi-Fi. Not only that, you can prioritise which device to get the fastest Wi-Fi. Specs-wise, it covers everything from 802.11b to 802.15.4 with a circular, 13-antenna array.

**COST:** US\$200 (\$283), <http://on.google.com>.





## NIFTY ROAD BUDDY

**GET THIS:** Exploride Head-up Car Display.

**READY FOR:** A much more seamless driving experience. The product's sleek transparent glass screen is packed with more features than you'd expect, with goodies like a Google Maps-powered navigation system, as well as a hands-free gesture and voice-control function that lets you call, text and even select your favourite song.

**THE BEST PART:** It can also function as a dash cam! Use it to record trip videos and, in this day and age, avoid expensive lawsuits and insurance claims in case of accidents.

**COST:** US\$270 (\$382), [www.indiegogo.com](http://www.indiegogo.com).



# 4



# 5



## QUALITY APPLE RIVAL

**GET THIS:** Samsung Gear S2 Smartwatch.

**READY FOR:** A smartwatch that looks like a conventional ticker and does not rely on the phone for certain features to work. One can even call, text, e-mail and receive notifications via 3G connectivity, which the wearer can get using the world's first e-SIM. There's also a standard fitness tracker with heart rate monitor embedded in the timepiece.

**THE BEST PART:** If the Apple Watch has the rotating crown for scrolling purposes, this timepiece has a rotating bezel that allows you to navigate and access many of its features without the need to touch the screen.

**COST:** \$448 to \$548, [www.samsung.com](http://www.samsung.com).



# 6

## ACTION HERO GLASSES

**GET THIS:** Rudy Project Rydon (Matte Black Impactx Photochromic 2 Black).

**READY FOR:** The rough and tumble of sports without the fear of it slipping, or dented eyewear. Rydon's strength lies in its premium makeup of materials such as kynetium – used to make the eyewear's temples – which is a combination of magnesium, silicon and titanium. These make the glasses lightweight, durable and flexible. The eyewear can even adopt advanced optical solutions – such as clip-on inserts, corrective lenses and monofocal lenses – for those suffering from visual defects.

**THE BEST PART:** Injuries are common in sports, but the Rydon has its integrated Safety Project system that ensures no sharp corners on the hinges of the temples. This is to prevent injuries to the face in case of bumps and falls.

**COST:** \$374, [www.rudyproject.com](http://www.rudyproject.com).





7



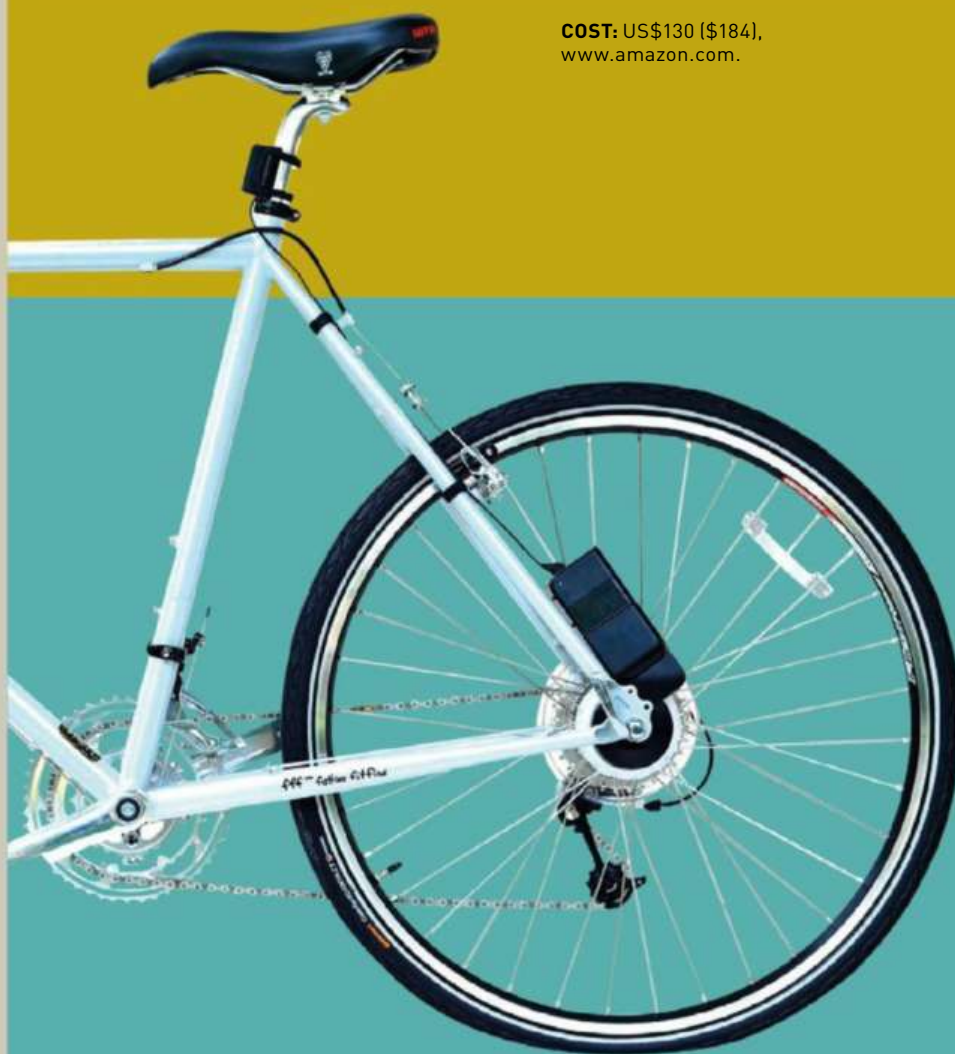
## RECHARGE BY PEDALLING

**GET THIS:** Siva Atom Bicycle USB Charger.

**READY FOR:** Keeping fit and not worrying about your mobile phone going flat. This is really as simple as it sounds – transferring your momentum of cycling into power. Pedal for as long as you want and you can easily juice up your USB devices as well as the detachable 1650mAh battery pack.

**THE BEST PART:** The charger is resistant to any sort of weather, so even if you're doing a 15km trail ride, there's no need to worry about puddles and mud.

**COST:** US\$130 (\$184), [www.amazon.com](http://www.amazon.com).



The Tigerair logo, featuring the word "tigerair" in a white, lowercase, sans-serif font. The letter "i" in "tiger" has a small orange dot above it, and the letter "a" in "air" has a small orange dot above it. The logo is set against a blue background with a faint map of Asia.

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\* inaugural flight date and flight schedule are subject to regulatory approval.

If your pre-holiday exercise plan has experienced major delays, don't panic. Follow our travel manual to reach peak physique just in time, whatever your shape. Final destination: your last-minute beach body.

# BEACH READY AT THE 11TH HOUR



S

o you missed the three-month plan. And then the window for the six-week body overhaul disappeared. Now you're hunting for your passport and wondering if ab-toning belts work (good luck), as the realities of your current body and a week on the beach collide.

But all is not lost. For one, simply being away makes you look better because the closer you are to the sea, the happier you are. "Coastal locations seem to offer calming, restorative environments," says Dr Mathew White, a UK psychologist, from a wave-lapped lab, doubtless with a grin on his face.

That's a reassuring start, but it ignores the physical realities of poorly timed holiday prep. And since you can't out-smile a proclivity for pasties, we've assembled some last-minute fixes that should stop you getting sand kicked in your face.

Working with what you've got is key. Pack the right clothes and swerve the wrong foods, and you can still have a physique you're happy to selfie. Because popping that shirt off isn't just about vanity. The more skin you've got on show, the more mood-improving vitamin D you make. Ergo, the better you look.

Now, go and find that passport – we've got the rest covered.

## MH TRAVEL MANUAL

### YOUR PRE-FLIGHT FIXER

Bodybuilders know how to peak. Steal their secrets to step off the flight leaner than you boarded.

#### T-96 HOURS Work harder (and smarter)

"Increase ranges to 10 to 20 reps at the gym and add a set," says bodybuilder Eric Helms. You'll burn more muscle glucose, which forces the body to store carbs as glycogen in your pecs.

#### T-84 HOURS Carb up

Your "no carbs" diet ends now. "You supply glycogen by increasing carbs," says Eric. An 80kg guy needs up to 200g a day – that's nine sweet potatoes – to make the most of that longer, harder session.

#### T-72 HOURS Drink, then don't

Drink six litres of water daily plus a vitamin C supplement in the days before flying, says Tim Walker of EOM Fitness. Then drop to three litres the day before to "shrink wrap your muscles," making them stand out.

#### T-12 HOURS Don't shirk the salt

Dose up on salt. It draws water into your veins, upping pressure to give you "pump," says Eric. Stick to 6g a day to avoid water retention. Opt for salted nuts in the air for arrivals-hall vascularity.

#### LIFT OFF Make it a double

Try a few gummy bears washed down with two miniatures. "Whisky will help dry you out," says Tim, "and the sugar will make your veins pop out, giving you that pumped look." Order them separately to avoid odd looks.

## PACK IT UP, PACK IT IN

Sartorial decisions can atone for skipped gym sessions. Make the most of your assets – and hide those you've overlooked.

### HAIR

► Downplay a double chin by squaring on top, says UK barber Hari Efthymiades. Taper from short by your ears to longer higher up and define your jaw.

► Avoid the buzzer if you're packing extra baggage, warns Hari. Taller hair lengthens your face, slimming it.

► Create Benedict Cumberbatch cheekbones by shaving a straight line in five-day stubble to create the illusion of shadow. Go as high as your beard allows, says Hari. Too low and you'll make your face look bigger.

### T-SHIRT

► Slimmer sleeves pump up guns. Roll them to mid triceps to lengthen your arms. The right V-neck – that's unbuttoned polo, not navel-plunging vest – lengthens you and gives the look of a more athletic torso.

► Steer slim but not figure-hugging. "Loose clothing draws attention to your size," says senior style editor Eric Down. "Whereas structured fabrics – such as denim or stiff cotton – skim your body without clinging, making you look more angular."

► Ditch patterns: Dark, block colours hide shadows and slim you. So keep that Prada Hawaiian shirt in storage.

### SHORTS

► Slim and cut just above the knee. Excess material means boxy thighs and puny calves, but go too short and you unveil every day you skipped your legs workout.

► If you have a belly, don't draw attention to it with your belt. "Contrasting colours work if you're tall," says Eric. "If not, go tone on tone – so a navy belt with navy shorts." Wear it on your natural waistline. Too low leads to muffin tops; too high creates eye-catching bulges (in the wrong way).





## AVERT IN-FLIGHT DISASTER

Being crammed into a steel cylinder can interfere with your body more than an enthusiastic customs official. Avoid looking like a plane crash with these first-class precautions.

01

### SLICE RED-EYE

Add a 4am wake-up call to a delayed transfer and your cortisol levels will soar, which starts your body cannibalising muscle and diverting blubber to your gut. Not a good look for the pool.

#### ► Emergency exit

Have a breakfast pizza. Carbs in the dough provide a hormone-countering glucose hit, while Germany's University of Trier found that tomato's vitamin C will reduce your cortisol, blood pressure and stress levels.

02

### BRACE POSITION

Airlines have slashed 8cm of

space from your seat since 1985. Apart from the DVT dangers of long-distance travel, sitting for long periods tightens hip flexors and pulls shoulders forward, so you disembark hunched, not hunky.

#### ► Emergency exit

Stretch your arms for a quick correction – tight triceps and biceps can ruin your posture, spoiling your beach swag. In your seat, bend your elbow behind your head and pull. You'll leave bad posture behind in arrivals.

03

### DAMP IT DOWN

Cabin air is drier than most deserts, and it saps your body's moisture. That's why customs can't match your fallow-skinned,

bloodshot face with your passport picture.

#### ► Emergency exit

Virgin Atlantic senior cabin crew Warren Braacx advises using a heavy-duty moisturiser such as Clinique For Men Maximum Hydrator at the halfway point and landing. Decant it into a contact lens case to get past security.

04

### STAY SWEET

Your inflight meal won't fulfil your macros. At 9,000m, you lose a third of your sensitivity to sweet and salty. Airlines bump the levels sky-high, which crash-lands your diet.

#### ► Emergency exit

Prep your own in-flight feeds in Tupperware, says bodybuilder Dr Spencer Nadolsky. If you can't, opt for the airline's curry – spicy and bitter tastes don't suffer as badly, so your food is less likely to have been doctored. Airplane noise dulls taste further, so enjoy some music with lunch.

05

### JETTISON JET LAG

Travelling east or crossing multiple time zones means you land looking like you've not slept in days (which, when you think about it, you haven't).

#### ► Emergency exit

Stick your flight details and nocturnal habits into the Entrain app (<http://entrain.math.lsa.umich.edu>) and it will tell you how much daylight and shut-eye you need (and when) to get your circadian rhythm back on beat. Your health will benefit as much as your looks.

## CORE READING

Sucking in your belly is exhausting. Let your sun lounger do the work instead: Adjust the back and footrests to the notch above flat, creating a shallow V-shape that engages your core and irons out ugly folds.

## LAST-CALL PUMP CIRCUIT

Use these stealthy physique enhancers in departures for a one-way ticket to muscle definition, says physical trainer Dylan Jones.



### STANDING CALF RAISE

**3 sets of 20 reps**  
While the cattle queue in the aisle, transfer your carry-on to your back. Push through your toes to lift your heels – 60 reps later, you'll be glad you shivered in shorts at departures.



### FARMER'S WALK

**5 sets of 100m**  
Don't let the earth carry your luggage. Farmer's walk your bags to pump up your shoulders, traps and forearms. Grab your girlfriend's, too, to put the V in chivalry.



### BICEPS CURL

**5 sets of 30 seconds on, 30 seconds off**  
Curls at customs are out, so grab your bag with your phone hand. Lift to your face and hold for a biceps-inflating scroll through Instagram. Avoid the temptation to declare your massive guns.



## HELP YOUR SELFIE

Win at the Instagram game with these tips from DJ Mag photographer Katie Palmer.

Few things sink the stomach like watching tourists turn their backs on the Pyramids to shoot a selfie. But it's just as galling to come home and realise you're not actually in any of your holiday snaps. That means at some point you'll have to indulge

your Kardashian side. But you can document your travels without looking like a teen fashion blogger.

Suck it up and invest in a selfie stick – shooting from above slims you, whereas low angles mean double chins. Buy one at the airport and keep it for that one shot you want as your new Tinder profile. Then leave it in the hotel room. Or destroy it.

Timing your selfies is everything, in more ways than one. Firstly, snap at sunset – the so-called “golden hour” irons out imperfections. You can silhouette yourself against the sunset for an arty shot that masks your one-pack.

Secondly, remember the time difference – there's no point wasting your most “paradise” shots when your

social media audience is dozing. We're not saying you should drop a day's worth of Instagram in 15 minutes at peak period, but posting your best shot when it's 8am back home will neatly dial up the contrast between your full-moon party and your mates' commute.

Having a background cuts down the vanity. Keep yourself to half of the frame and have something eye-catching in the other half. And when it comes to editing, less is far more.

Instead of shooting on Instagram, use your full camera and crop out photobombers with the VSCO Cam app. Then tweak your levels: Saturation and high contrast give a holiday vibe that stands out in the stream of X-Pro II.

23

The average number of likes and comments per thousand followers for Instagram posts using the Mayfair filter. Second, with 18, is #nofilter. Avoid the Toaster filter – it's bottom of the pile with just 7.

### PAINT BY PHYSIQUE

Desperate times demand drastic measures. So grab the bronzer to highlight the good and disguise the bad.



### LEGS

Find a mirror. Point your toes to pop your calf and shade the indent down the centre with a finger coated in tanning mousse. “Buff the outer area with a cloth,” says tanning expert Jules Heptonstall. Stark lines spoil the effect.



### CHEST

Exfoliate – it makes your tan last longer. “Focus the self-tan under your pecs and around the deltoid muscle,” says Jules. But stay your hand if you're only accentuating moobs. Remember, less is more. You can always repeat, but once it's on, it ain't coming off.



### ARMS

Ready your arms to point the way to the beach. “Add tan to the short head of the biceps brachii – the fold where inner peak meets outer mass,” says Jules. Then straighten your arm and look for the semi-circular muscle just below your shoulder. Shade in to make up for those extra sets your job prevented.

### CORE READING

Twist your torso when surveying the beach, to create the ideal 45-degree angle that slims down your waist and helps your obliques pop.

# AVOID HOLIDAY BELLY

Shun the culinary minefields at your hotel's buffet to avoid busting your weight allowance on the flight home.

01

## PASS: FRIED BREAKFAST

► **Scrambled eggs**  
If your day usually starts with grapefruit and coffee, don't shift too far, as diet overhauls can cause constipation. "It's better to have scrambled eggs," says dietitian Dr Sarah Schenker. The fat and protein will nullify hunger pangs – and the cysteine will dull the pain of yesterday's gin and tonic.

02

## PASS: SOFT CHEESE

► **Hard cheese**  
Your body produces enough lactase to suit your regular diet, says Dr Schenker. Treble your dose with a holiday brie and you're understocked, which means bloating by the pool. Opt instead for hard and aged cheeses, which are lower in lactose, and goat's cheese, which has shorter milk proteins that are easier for your body to digest.

03

## PASS: SEX ON THE BEACH

► **Bloody Mary**  
At Club Tropicana, drinks may be free, but dodge anything with a paper broly. Sugar masks even strong booze, says Dr Schenker, so you won't realise you're eight shots in before lunch. Opting for tomato juice cuts the sugar – and your waist, according to Chinese research.

04

## PASS: PAD THAI

► **Thai green curry**  
Starchy noodles lead to poolside bloating tomorrow morning, hiding whatever abs you're teased out. Swop for Thai green curry's bloat-shrinking turmeric, which comes with a side of appetite-crushing coconut milk fats to curb your dessert cravings.

05

## PASS: SORBET

► **Gelato**  
You might be happy to avoid ice cream, but don't think the fruity alternative's a healthy choice. Sorbet is higher in sugar, "and it's not satiating, so you're likely to overindulge," says Dr Schenker. The fats in gelato might mean more calories, but they also slow glucose absorption to avoid sugar spikes. Just set yourself a one-scoop limit.

06

## PASS: FISH AND CHIPS

► **Calamari**  
Fish and chips are not only boring batter, but they are also heavy food that spikes your blood-glucose levels. Battered squid is lower in carbs, and the veg-heavy local tapas will pack more fibre and water, filling you up with fewer calories.



# A message to The Man-in-charge



FROM IDEAS  
TO SUCCESS



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## 108 RUNNING

### SIDESTEP PAIN

A TOP SPORTS DOC EXPLAINS HOW TO TREAT AND PREVENT THE MOST COMMON LOWER-LEG INJURIES.



## 92 FITNESS

THE BELLY-FAT INFERNO  
PACKED GYM? NO PROBLEM.  
ALL YOU NEED IS A PAIR OF  
KETTLEBELLS FOR THIS  
22-MINUTE SWEAT  
SESSION.



## 104 NUTRITION

### PROTEIN UPGRADES

PICK UP A ROTISSERIE  
BIRD AND FEAST WELL  
ALL WEEK!



## 111 GEAR

### TARMAC ALLIES

PUSH PAST YOUR  
LIMITS WITH  
THESE VERSATILE  
KICKS.



## 103 WEIGHT LOSS

### PSYCHED TO CHANGE

WHEN THE RESULTS OF A  
ROUTINE HEALTH CHECK-UP  
WENT SOUTH, JUSTIN KOH  
HAD TO BREAK OUT  
OF HIS COMFORT ZONE.

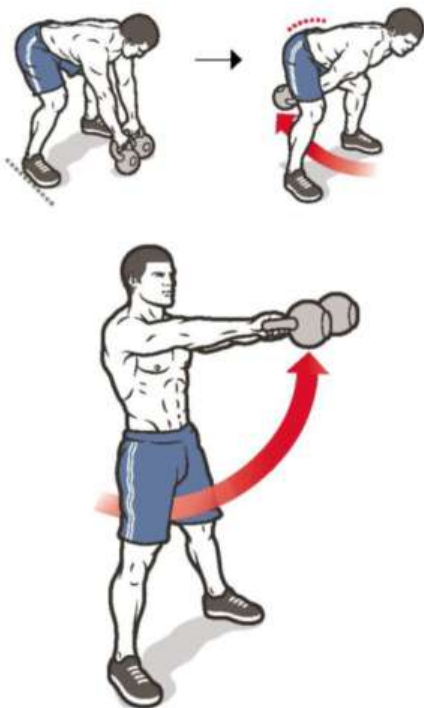
# THE BELLY-FAT INFERNO

PACKED GYM? NO PROBLEM. ALL YOU NEED IS A PAIR OF KETTLEBELLS FOR THIS 22-MINUTE SWEAT SESSION.

## 1/DOUBLE KETTLEBELL SWING

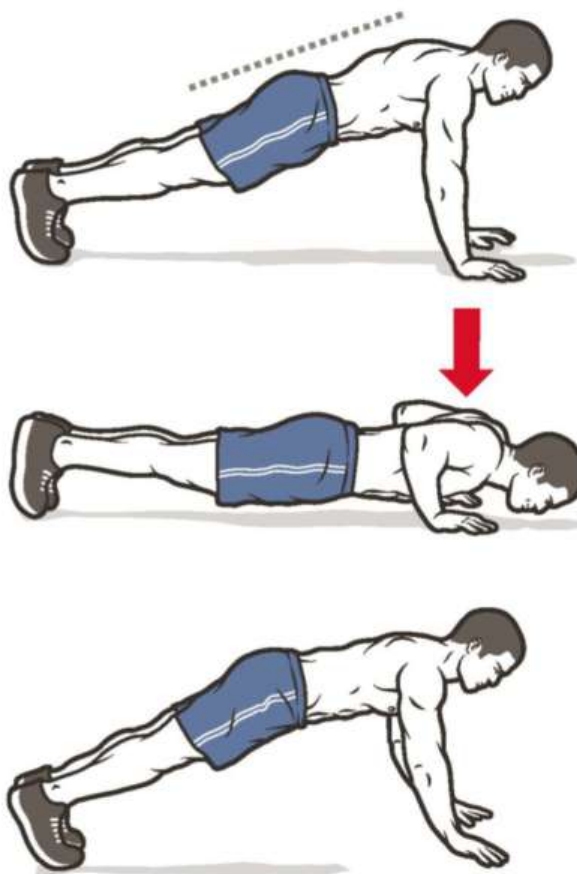
Place two kettlebells on the floor in front of you. Stand with your feet slightly beyond shoulder width, push your hips back, and grab the handles of the kettlebells. "Hike" the kettlebells between your legs, and then thrust your hips forward as you swing both up to chest level. Swing them back between your legs. That's 1 rep. Continue without pausing.

**Reps: 20**



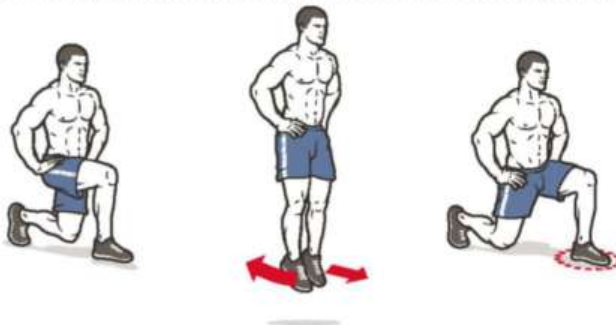
## 2/EXPLOSIVE PUSH-UP

Assume a push-up position with your feet together, arms straight and hands slightly wider than your shoulders. Lower your body and then push up with enough force for your hands to leave the floor. Land and repeat. **Reps: 12**



## 3/SPLIT JUMP

Assume a staggered stance with your right foot forward. Lower your body into a lunge, then jump up, scissor-kicking your legs in the air. Land with your left foot forward and drop back into a lunge. That's 1 rep. Alternate legs each rep. **Reps: 12 per leg**





## DIRECTIONS

For the next month, replace one of your weekly workouts with this routine from Mark Fisher's popular Snatched programme. Perform the moves as a circuit in the order shown, moving from one immediately to the next, and resting for 30 to 60 seconds only after the third and sixth moves (the split jump and kettlebell row). Once you've completed all 9 exercises, rest for 60 seconds and begin the circuit again. Do 3 circuits in total.

► **DESIGNED BY** Mark Fisher, co-owner of Mark Fisher Fitness in the US.

► **BEST FOR** Revving up your metabolism, building lean muscle, and boosting your total-body power and endurance.

► **EQUIPMENT** Two kettlebells.

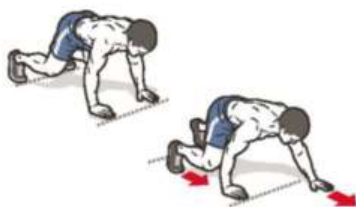
### 4/GOBLET SQUAT

Stand with your feet slightly beyond shoulder width and hold a kettlebell by the sides of its handle in front of your chest. Push your hips back, bend your knees, and lower your body as far as you can. (Your elbows should brush the insides of your knees.) Pause, and stand back up. **Reps: 10**



### 5/BEAR CRAWL

Get down on all fours, with your hips up and knees bent approximately 90 degrees. (Only your hands and toes should touch the floor.) Crawl forward, moving your opposite hands and feet in unison (left hand and right foot, right hand and left foot). **Time: 30 seconds**



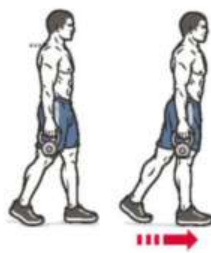
### 6/KETTLEBELL ROW

Grab two kettlebells, push your hips back, bend your knees slightly, and lower your torso towards the floor. Let the weights hang at arm's length. Row the weights to the sides of your torso. Pause, and lower them back to the starting position. **Reps: 12**



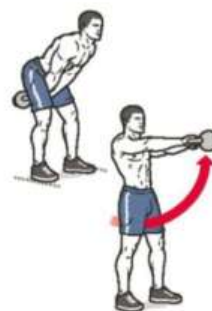
### 7/KETTLEBELL SUITCASE CARRY

Hold a kettlebell in your right hand by your side like a suitcase, keeping your shoulders square and torso upright. Maintain this posture as you walk forward for the prescribed distance. Switch hands, turn around, and walk back. **Distance: 20 steps (each way)**



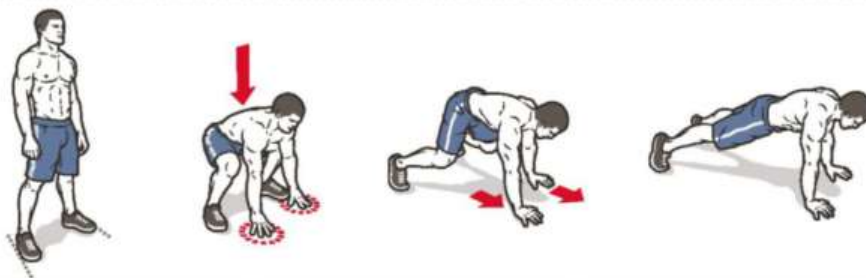
### 8/KETTLEBELL SWING

Place a kettlebell on the floor in front of you. Push your hips back and grab the handle in both hands. "Hike" the weight between your legs, then thrust your hips forward and swing it up to chest level. Swing it back between your legs. That's 1 rep. Continue without pausing. **Reps: 20**



### 9/REVERSE BURPEE

Stand with your feet shoulder-width apart. Now squat and place your hands on the floor. Instead of kicking your legs back as you would in a conventional burpee, "walk" your hands forward until you're in a push-up position. (Optional: Do a push-up.) Pause, and reverse the move to return to the starting position. **Reps: 8**



**AMPLIFY YOUR GAINS**  
3 fast ways to build more muscle.



#### ADJUST YOUR REST AS YOU GO

Tailor it to your fatigue level. "Start with brief rests and make them longer as you go," says trainer Mark Fisher.



#### LEARN TO IMPROVISE

Kettlebells taken? Grab dumbbells instead. You can use them for all the weighted moves in this workout, he says.



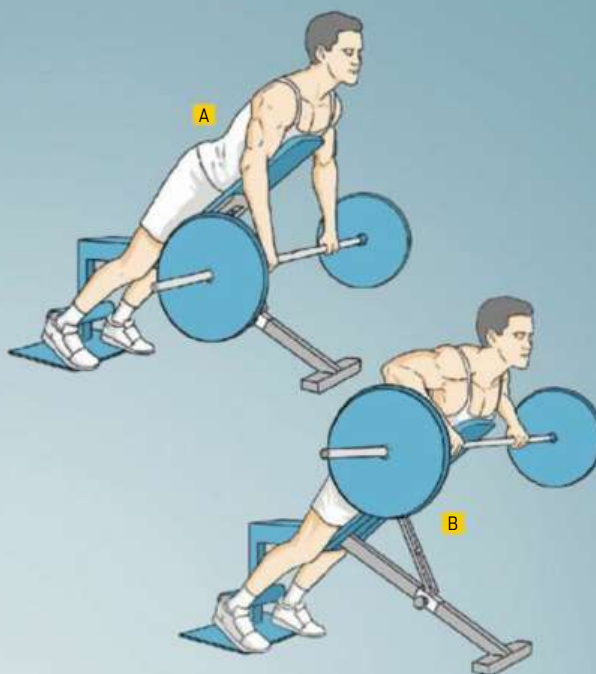
#### COOL DOWN THE RIGHT WAY

Tough workouts tax your nervous system. "Foam-rolling and meditation can speed recovery," says Mark.



# TIME AT THE BAR

THE MOST BASIC PIECE OF EQUIPMENT AT YOUR GYM CAN ALSO BE THE MOST EFFECTIVE AND VERSATILE FOR BUILDING BICEPS AND TRICEPS.



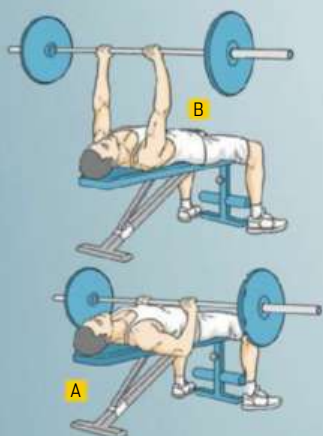
# 1

## SUPPORTED SPIDER ROW

► 3 SETS OF 15 REPS

Your journey to bigger arms begins on the bench. As well as working your biceps, this move will strengthen your lats and traps, creating a solid base for the upper-body moves to come.

Set a bench at a 45-degree angle and lie with your chest against the top of it. Begin with the bar in a dead hang, palms facing behind you, and bend your arms slightly (A). Draw your shoulder blades together to row the bar up (B). Try not to lift your chest off the bench – that's cheating.

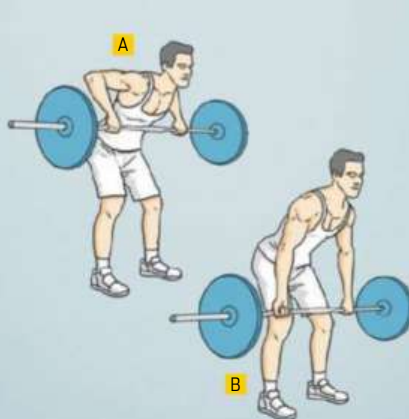


# 2

## CALIFORNIA PRESS

► 5 SETS OF 8 REPS

This starts off like your regular bench press, but stretches your triceps a little further for greater shirt-straining gains. Lie on a flat bench and hold a loaded bar with your palms forward, just narrower than shoulder width. Bend your elbows to (carefully) lower the barbell towards your forehead, then push the bar down your body to the bottom of your ribcage (A). Exhale as you extend your arms back up (B).

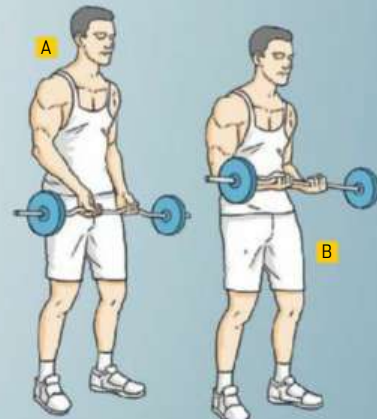


# 3

## BENT-OVER ROW

► 3 SETS OF 20 REPS

You might be familiar with this move as a back-building staple, but going heavy on your rows places serious demand on your biceps, too. Grab the barbell with palms facing your legs, bend your knees and hinge forward at the hips until you feel a slight stretch in your hamstrings. Brace your core and row the bar up to the bottom of your ribcage (A), squeezing your shoulder blades at the top. Lower back to a dead hang (B) and repeat the row.



# 4

## EZ STANDING WRIST CURL

► 3 SETS OF 20 REPS

Standing tall, hold an EZ bar (the zigzag one) in front of you using a narrow grip – palms facing up and elbows bent (A). Keeping your arms as still as possible, curl your wrists up towards your body until you feel the strain in your forearms (B), then slowly lower. You're working the main flexor muscle involved in finger strength, earning you a vice-like grip for the bigger lifts... and a crushing handshake for good measure.

# REMINGTON®

## Shaving

With over 75 year's shaving heritage, Remington are currently the only leading brand to offer both Rotary and Foil electric shavers.

### Remington Rotary Shaver



- Up to 3 rotating blades
- Suitable for normal & less sensitive skin types
- Effective at cutting stronger stubble growth
- Easy to manoeuvre around neck & chin

#### Innovation

The HyperFlex & Power Series shaves have Active Contour Technology with flexing heads that adjust to your face shape.

#### Shaving Tip

Using circular motion with a Rotary shaver improves glide & comfort.

Model: XR1370  
\$259.00

### Remington Foil Shaver



- Linear blades often covered by foil mesh
- Kinder to sensitive skin
- Suitable for finer hair
- Close shave

#### Innovation

Look out for Remington foil shavers with the Active Hybrid Technology. This pre-trims longer hair first before closely cutting shorter hairs & reduce total shaving time.

#### Shaving Tip

With your free hand, hold your skin tight to help the hairs stand up for an even closer shave.

Model: XF8700  
\$219.00



Model: AQ7  
\$189.00



Model: PR1250  
\$135.00



Model: R95  
\$55.00



Model: PF7500  
\$159.00



Model: PF7200  
\$79.90



Model: TF70  
\$39.90

Men increasingly want to stay in control of their body hair and for these consumers, the **Remington Delicates & Body Hair Trimmer** is the ultimate all-over grooming solution.

Completely showerproof, Lithium powered and boasting Comfort Tip blades to minimise nicks and cuts, this bathroom essential makes trimming all areas of the body safer, easier and more convenient.

The Remington Delicates & Body Hair Trimmer: All-over grooming made easy.



**PROMOTION**  
Remington Delicates &  
Body Hair Trimmer  
at \$50 only (usual \$89)  
(with any purchase from the shavers  
range starting from \$39.90)



# FOOTBALLING FITNESS

MANCHESTER CITY  
AND ARGENTINA STAR  
STRIKER SERGIO AGUERO  
SHARES WITH *MEN'S HEALTH*  
*SINGAPORE* THE FITNESS  
REGIME TO MAKE IT TO THE  
TOP ECHELONS OF FOOTBALL.

► PHOTOS PUMA



W

**WHAT'S YOUR  
GREATEST  
EVER GOAL?**

The best I've ever scored was probably the one against Queen's Park Rangers in May 2012

in extra time that won us the Premier League title. This is the reason why I train hard every day – to be able to score, to be alert and to make an impact in the game, even after 90 minutes on the pitch. Days like these are the pay-off for the hard work we all put in.

**EXACTLY HOW DOES TRAINING HELP  
YOUR PERFORMANCE ON THE PITCH?**

In football, training is absolutely the key to performance. Being able to run, switch directions and change speed while simultaneously controlling the ball and overseeing the whole pitch can be extremely complex. You need to practise your tricks and shots again and again, to enable muscle memory and to help your body perform. In addition, you need to be physically strong and absolutely fit to be able to last 90 minutes – sometimes even longer. Without constant and intense training, a good performance would be impossible.

**WHAT'S A TYPICAL TRAINING  
SESSION FOR YOU?**

It depends on the day and time of the year. During pre-season, we train very differently from how we train towards the end of the season. In general, it's always a mixture of running and workouts at the gym for physical strength, and actual training with the ball. On the pitch, the training consists of shooting and passing exercises, game practise and tactical sessions.

**HOW OFTEN DO YOU TRAIN A YEAR?**

During the season, we train almost every day. After a match day, we often have only a light training session, with mostly running and stretching to relax the body. This is complemented by massages and sometimes a day off. But this is followed by two to three training sessions per day. I'd say I train 90 percent of the days in a year.

**HOW DO YOU TRAIN FOR SPEED?**

When training for speed in football, the ball plays a huge role. You can be as fast as you want, but if you cannot control the ball at the same time, you are useless. I recommend running with the ball, and also to change directions, so you'll be able to beat opponents with really quick moves.

**HAS TRAINING CHANGED A LOT FOR YOU IN THE PAST FEW YEARS?**

Yes, definitely. The training with each club is constantly forward-looking, and coaches try out new things and variations. The style of play of most professional football leagues has changed a lot, too.

**“I recommend running with the ball, so you'll be able to beat opponents with quick moves.”**

**FITNESS TRICKS FROM CRISTIANO RONALDO**

WHAT MAKES HIM ONE OF THE GAME'S GREATEST PLAYERS AND A STRONG CANDIDATE FOR THE WORLD'S FITTEST MAN? HERE ARE FOUR KEYS.

It has become much quicker, with a lot of pressing. Because of that, training routines have changed, too.

#### **WHAT FOOD AND DRINK HELP WHEN YOU'RE TRAINING?**

I try to eat and drink healthily year round, so I consume a lot of water every day – at least three litres. I love pasta, but I need to cut down on that; too much carbs conflicts with my need for speed [laughs]. But you should combine chicken or fish with vegetables or salad.

#### **WHAT KIND OF OBSTACLES HAVE YOU FACED AND OVERCOME TO ACHIEVE YOUR GOALS?**

The journey from being a kid dreaming of playing for the Argentina national team to being a professional footballer living in Manchester was a long and hard one. When I first played professionally for my first club, Independiente, I was only 15 years old. Looking back, it feels crazy how young I was. My appearances at such a young age meant that expectations were very high, and the pressure was hard to deal with. After I played for the Argentina senior squad, I moved back to the youth team, which felt a little bit like a step back at the time. But I always believed in myself and had

people who supported me. So, thinking about it now, I'm happy about every obstacle that was in my way, because it made me stronger. Besides, there will always be obstacles.

#### **WHICH MILESTONE IN YOUR CAREER ARE YOU MOST PROUD OF?**

I think it's my move to Europe in 2006. This was an important step for my career and I will always be thankful for this opportunity – thankful, and at the same time proud of how I managed the move back then.

#### **WHAT'S YOUR ADVICE FOR SOMEONE STRUGGLING TO FIND MOTIVATION TO REACH HIS GOALS?**

Never give up. Always believe in yourself. If you don't, why would anyone else? And don't tell everyone about your dream, because people can be judgmental, which can have a negative impact on your motivation.

***Sergio was speaking to Men's Health in conjunction with the launch of Puma's second Forever Faster brand campaign.***



**Cristiano Ronaldo runs more than 10km per game. This stamina is one reason his body fat is in the low single digit. Elite-level games are often decided in the final 20 minutes, the window when he scored more than a quarter of his goals last season.**

#### **► SPEED**

In a typical game, he sprints 33 times at a top speed of 34km/h. His explosive acceleration and high football IQ enable him to time diagonal runs that outsmart offside traps. He also has great balance and body control, and can change direction quickly. When dribbling, he's the ultimate ankle breaker.

#### **► STRENGTH**

Elite players can be expected to squat 200kg, Norwegian researchers found. Strong quads are critical for a striker, who needs to jump to head the ball at goal. A British documentary measured Ronaldo's jump off both feet at 78cm – NBA-worthy hops.

#### **► POWER**

Ronaldo can kick explosively, powering the ball at a ferocious 130km/h. Superior technique enables him to wrap the side of his foot around the ball when taking free-kicks, making it spin so much that it has a variable trajectory of up to 2.8m – often leaving the opposing team's goalkeeper helpless.

#### **► X FACTOR**

Ronaldo is able to process the game faster than other players, says Zoe Wimshurst, director of Performance Vision. Elite athletes develop faster eye movement, looking at up to seven places per second versus the average person's max of five.



# AN ALL-ROUND APPROACH

GYM-LOVING NATALIE YEO SHARES HER TECHNIQUES FOR A BANGING HOT BOD.

**N**atalie Yeo's on board with the #fitspo folks. "I follow fitness personalities on Instagram to check out their workouts and physiques," says the 23-year-old. "They help inspire and motivate me, apart from my boyfriend, who's a certified personal trainer."

Fitness for her is as much about appearance as it is about strength. "I started out in powerlifting, where my personal best for deadlifts was 125kg," says the Under Armour ambassador. "But after I signed up for a physique competition, I decided then to focus instead on aesthetics and getting a toned, athletic body."

To stay in shape, Natalie mixes up weight training, HIIT and Crossfit-inspired circuits with hill sprints and yoga sessions. Her level of training demands serious fuel, so meals are high in protein to replenish her body.

She never skips legs day, and neither should you. "There is nothing less attractive than a guy with a well-built upper body but sporting stick-thin legs. It looks disproportionate."

The workout to the right is a typical legs day for her. Give it a go. But warm up first: It hurts.



## USERNAME

▶ @nattylifts

## OCCUPATION

▶ Banker

## FOLLOWERS

▶ 6,643

## SPECIALTY

▶ Fitness

HAIR: HUIMIN ■ MAKEUP: BRENDA LYE ■ PHOTOGRAPHY: ZAPHS ZHANG ■ ART DIRECTION: ASHRUDDIN SAMI ■ STYLIST: SHEN ■ OUTFITS: FOREVER 21 ■ HEELS: GUESS

## STAND STRONGER

NATALIE'S MINI-WORKOUT FOCUSES ON THE LOWER BODY TO BURN FAT AND ADD NEW MUSCLE AT THE SAME TIME.



### 01 BULGARIAN SPLIT SQUAT

► 12-15 reps per leg

This exercise will work your entire lower body, activating your quadriceps and building single-leg stability. Grab a dumbbell in each hand, rest your right foot on a bench, and keep your body upright as you perform a squat on your left leg. Make sure your knee does not go past your toes. Raising the dumbbells above your head increases the intensity of this move and works your core, too.



### 02 GOBLET SQUAT

► 12-15 reps

This may be one of the best squats to include in your workouts. Start with a dumbbell between 10kg and 20kg, and hold it vertically at one end. Hug it tight against your chest (or hold it out to work your arms and core), and then with your elbows pointing down, lower your body into a squat. Allow your elbows to brush past the insides of your knees as you descend. Then, return to a standing position.



### 03 REVERSE CROSSOVER LUNGE

► 12-15 reps

Stand tall with your feet shoulder-width apart and a dumbbell in each hand. Cross your right leg behind your left and lunge as far as you can to your left side, landing on your heel and keeping your back straight. Return to the starting position and repeat with the left leg, lunging to your right. That's 1 rep.



### 04 KETTLEBELL SWING

► 30 reps

Stand straight with your legs shoulder-width apart. Lean forward slightly at the waist and bend your knees in a semi-squat position. Keep your back arched and your head facing forward. Let your arms hang loosely, and raise the kettlebell over your head. Inhale, then swing the weight down in between your legs, exhaling.



**GALLERY** See more of Natalie Yeo in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand..

# SACRIFICE YOUR LOVE HANDLES

BEFITTING A CULTURE THAT WAS ALL ABOUT WARRIORS, THE AZTEC PRESS-UP WILL FLAY THE FLAB AND GIVE YOU THE POWER TO CONQUER ANY RIVAL.

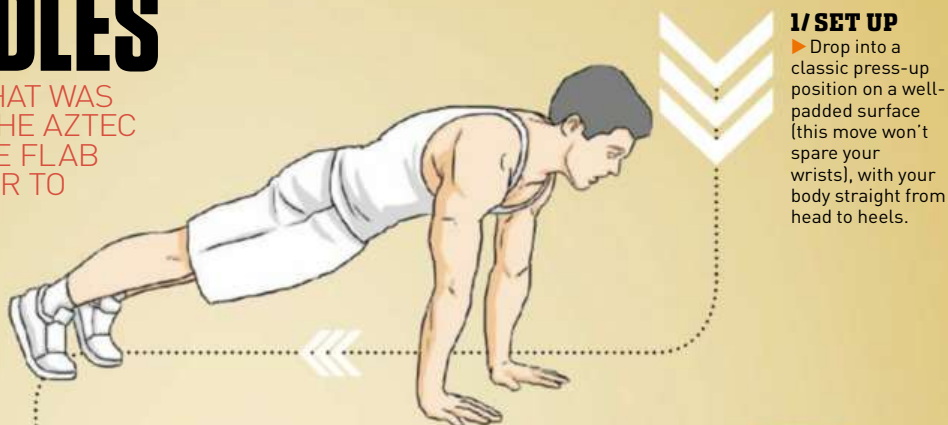
# G

o tribal for a battle-ready body. The Aztec press-up mixes the explosiveness of its plyometric cousin, the

clap press-up, with gymnastic flexibility in the form of an airborne jack-knife. Requiring courage and commitment in equal measure, it will hit your mirror muscles – adding size and strength to your chest, shoulders and triceps – but with the bonus of rapid fat loss.

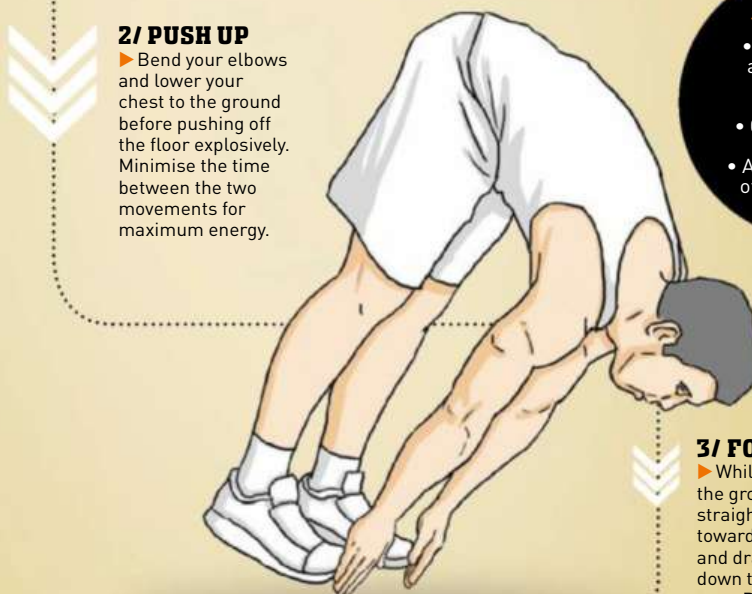
The beauty, and indeed torture, of this move is its relentlessness: You can't take your foot off the gas. You need to conjure up enough force to leave the ground while having the control to cushion your landing ready for the next lung-busting rep. It's a high-risk test of endurance – pull out and you risk a face plant. And the spoils? An unbeatable combo of upper-body speed and power worthy of Usain Bolt on a good day.

But this battle can't be won by force of arms alone. The toe touch adds an abs-searing edge, the gravity-defying leg raise hitting both your core and calorie count while strengthening your hip flexors. It's time to offer yourself up to the gods of indestructible bodies.



## 1/ SET UP

► Drop into a classic press-up position on a well-padded surface (this move won't spare your wrists), with your body straight from head to heels.

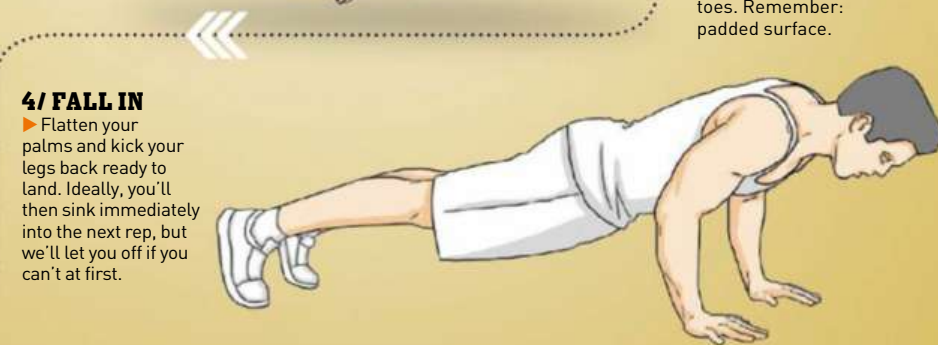


## 2/ PUSH UP

► Bend your elbows and lower your chest to the ground before pushing off the floor explosively. Minimise the time between the two movements for maximum energy.

## WHAT YOU'LL GAIN

- Grade-A chest and shoulders.
- Fat-searing metabolism.
- Game-changing flexibility.
- A six-pack worthy of your sacrifice.



## 4/ FALL IN

► Flatten your palms and kick your legs back ready to land. Ideally, you'll then sink immediately into the next rep, but we'll let you off if you can't at first.

## 3/ FOLD IN

► While you're off the ground, kick your straightened legs towards your hands and draw your arms down to touch your toes. Remember: padded surface.

# PSYCHED TO CHANGE

JUSTIN HAD TO SHAPE UP WHEN HIS MEDICAL CHECK-UP RESULTS WENT SOUTH.

## THE SETBACK

Justin Koh, 41, had been a diabetic since he was 28, but that and his weight did not concern him. "My friends love me for who I am," he says. "And I was happy with my lifestyle. Since I have my own business, I sleep late and wake up in the afternoon. I love to bake and can even finish an entire cake by myself."

## THE WAKE-UP CALL

Justin also had hypertension as well as high cholesterol, which warrant monthly visits to the doctor to get his medication. "I went for a health check-up in March last year, which turned awry," he says. "My sugar level had risen and my cholesterol level was horrible." That prognosis – one week before his 40th birthday – triggered the floral stylist to reflect on his life. "I had everything but good health," he says. "And I needed to change."

## THE PLAN

Justin's first step was to overcome his dislike for exercise and seek a personal trainer. "However, the first person who I contacted wasn't serious,"



NAME  
JUSTIN KOH

PREVIOUS WEIGHT  
**108KG**  
CURRENT WEIGHT  
**82KG**

OCCUPATION  
FLORAL STYLIST

HEIGHT  
1.8M

TIME TAKEN  
9 MONTHS

**"MY MENTALITY HAS CHANGED TO SUCH THAT I'LL PUSH MYSELF REALLY HARD."**

he explains. "He even tried to charge higher than what was listed on his website." Undeterred, Justin chanced upon Tze Khit, another trainer from Gold's Gym ([www.goldsgym.com.sg](http://www.goldsgym.com.sg)). "He has been integral in my weight loss journey," he says. "And even though he's younger than me, I view him as a real mentor."

## FITNESS

"Besides strengthening exercises, I do lots of circuit training as well as tabata [a form of high-intensity interval training]," Justin says. "I've become more disciplined, and my mentality has changed to such that I'll push myself really hard and give my all."

## FOOD

"Days of indulging myself are gone. Lunch would now comprise things like chicken breast and steamed vegetables," he says. "If I feel hungry at tea time, I'll allow myself one fruit or six to eight nuts."

## THE REWARD

For Justin, the results were quick. "Within my first month of training, I was weaned off my hypertension pills and my dosage for diabetes was reduced by the doctor," he says. "To date, I'm no longer taking any medication. I've become more active and even influenced some of my friends to lose weight!"

## WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Soleus Ultra Sole worth \$127.30! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos.  
E-mail: [menshealthsg.bellyoffclub@gmail.com](mailto:menshealthsg.bellyoffclub@gmail.com).



# PROTEIN UPGRADES

PICK UP A ROTISSERIE BIRD AND FEAST WELL ALL WEEK!

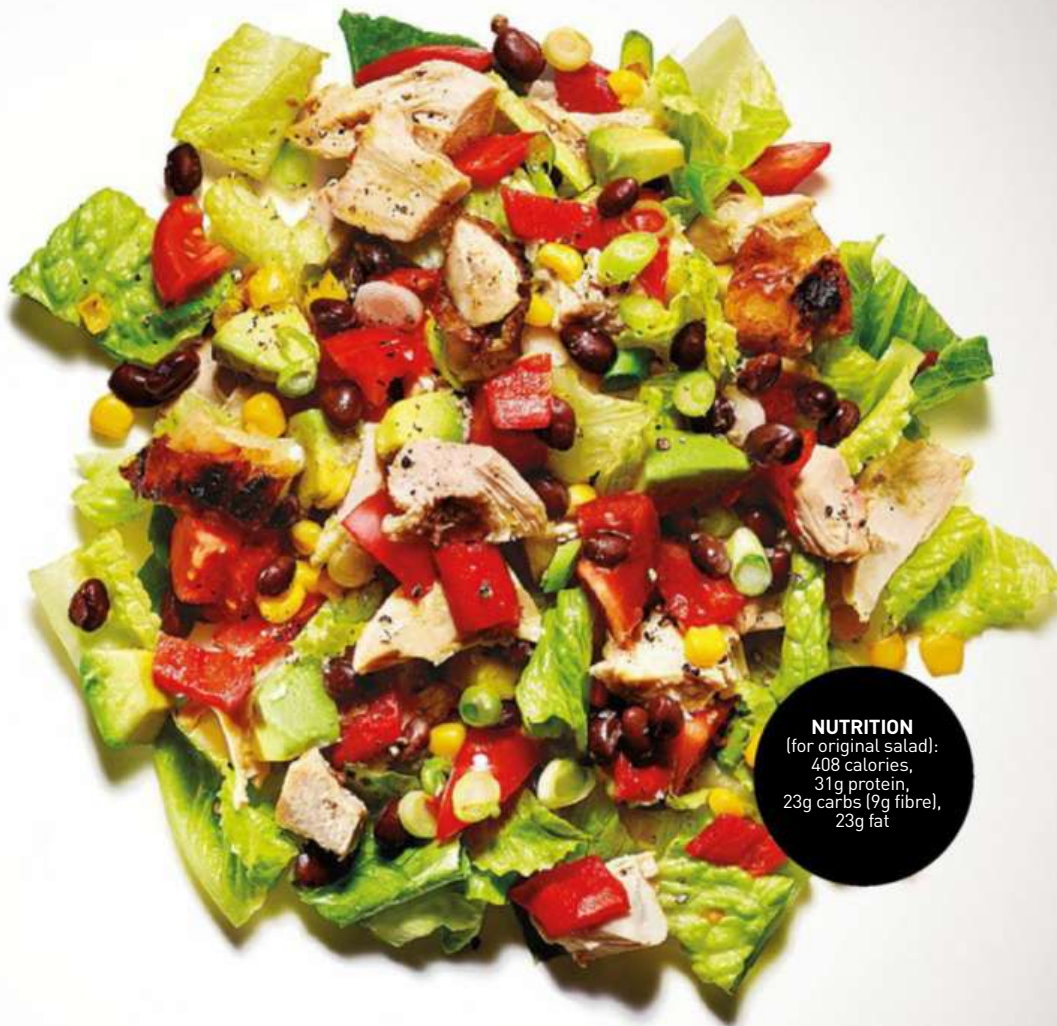
## CHOP-CHOP SALAD

Toss a few handfuls of chopped romaine with these add-ins (all chopped): some rotisserie chicken, tomato, avocado, roasted red pepper and scallions. Add a spoonful or two of black beans and/or corn. Dress with olive oil, lime juice, salt and pepper. Not your cup of tea? Check out these three recipe remixes.

► **REMIX 1** If you like Asian flavours, swap out the tomato, pepper, beans and corn, and add the following: shredded carrot, shelled edamame, sliced snap peas, diced cucumber and crushed cashews. Add a little sesame oil to the dressing, too.

► **REMIX 2** Go Greek! Keep the chicken, tomato and red pepper, but add feta, kala mata olives and thinly sliced red onion.

► **REMIX 3** Or just pump up the protein. Leave the original alone, except throw in a few grilled shrimp, a fistful of leftover cooked quinoa, and a scattering of thawed peas. Then mix a spoonful of Greek yogurt into the dressing. These tack on an extra 15g of protein to the original salad.



**NUTRITION**  
(for original salad):  
408 calories,  
31g protein,  
23g carbs (9g fibre),  
23g fat

## FUEL YOUR PERFORMANCE

Sustain and replenish energy the fuss-free way.



Want More Energy (WME) is a refreshing low-calorie drink powder that can help sustain your energy levels without caffeine or stimulants. It contains vitamins A, C and

B-complex, as well as alfalfa juice concentrate that's enriched with trace minerals. These are good stuff that keeps your body running at peak performance. And while most energy drinks

contain excessive amounts of sugar and caffeine, the lack of such in WME will keep you from having a "stimulant crash". For more information, visit [www.isagenix.com](http://www.isagenix.com).



# LOOK MORE TONED AND TAUT WITH TECHNOLOGY

GIVE YOURSELF A BOOST AT LPG ENDERMOSPA AND REVEL IN A YOUNGER-LOOKING AND MORE RADIANT YOU.



**S**lathering on vitamin-enriched grooming products can help stave off the effects of time, but they often last only as long as your skin can hold on to those nutrients. The secret to maintaining your skin's youthful radiance – and achieving inch loss on those hard-to-train areas – is to book yourself in for machine-based Endermologie treatments at Singapore's first LPG Endermospa flagship outlet.

## LOOKING SHARP COMES FROM WITHIN

Specially developed by and exclusive to LPG Endermospa, Endermologie treatments use a patented machine with a pair of motorised pulsating rollers or flaps to stimulate your skin's cells.

Described as exercise for your body's largest organ, Endermologie works the same way gym machines train specific muscle groups in a workout, and helps relieve muscle tension. The massage-like movement of the device supposedly re-energises and activates cells beyond the skin's surface layer, stimulating them to do more for you.

According to the France-based brand, Endermolift facials use the all-natural Endermologie treatment. It gets cells beneath your dermis to create more natural collagen for firmer skin, and elastin for a fresher and more youthful look, while enhancing the amount of natural hyaluronic acid produced for plumper, more nourished dermis. Used in a Lipomassage for the body, Endermologie purportedly boosts lipolysis to remove fat cells.

## IDEAL FOR FACE AND BODY

At LPG Endermospa, the busy gentleman can expect a luxurious boutique experience.

Opt for the Endermolift facial to get a quick

perk-me-up. An experienced therapist will discuss your skincare goals, be it to target dull and tired skin, eye bags, wrinkles, fine lines or even sagging dermis. Following the "workout", a pampering botanical-derived collagen mask will round off the treatment to leave you looking sharper and more radiant.

For inch-loss objectives on those hard-to-train spots on the body, the Lipomassage treatment makes use of Endermologie science through a special bodysuit to work away fat, and sculpt and firm the targeted areas. Just as lifting weights at a gym can give you more muscle definition, you may see your post-treatment skin looking taut.

**"IT SURPRISED ME HOW MUCH SHARPER MY FEATURES LOOKED, AND HOW MY SKIN GLOWED, AFTER THE MASSAGE-LIKE TREATMENT."**

— JONATHAN TAN, 28

Visible effects vary from individual to individual, and regular sessions are recommended to keep your skin in its prime – just like a regular exercise routine works for your body.

## EXCLUSIVELY FOR MEN'S HEALTH READERS



Enjoy your choice of a Lipomassage with LPG Product Application (40min) OR Endermolift with LPG Collagen Mask (60min) at \$188nett\*. To reserve your appointment, call 6734-6626 or SMS 9781-7751 and quote "NAME\_MHES11".

\*Includes FREE \$200 service credits on your next purchase. Valid till 15 Dec, 2015. For first-time customers who are Singaporeans/Singapore PRs/S-Pass or E-Pass holders above 21 years old. Limited to one purchase per customer. Other terms and conditions apply.

VISIT LPG ENDERMOSPA AT #05-22A NGEE ANN CITY TOWER B, OR FIND OUT MORE AT [WWW.FACEBOOK.COM/ENDERMOSPA.SG](http://WWW.FACEBOOK.COM/ENDERMOSPA.SG).

# TRAIL BLAZER

WHEN WINSTON NG PICKED UP RUNNING, HE DID NOT EXPECT TO RUN ON MONT BLANC, WESTERN EUROPE'S HIGHEST PEAK.

**E**veryone's got a bucket list, whether it's to eat the best sushi in the world or visit the Basilica – the aim is to get them ticked off. For 42-year-old Winston Ng, he has ticked off at least one – running in June's Asics Beat The Sun (BTS). It's a 148km relay race that was held on Mont Blanc and pitted five teams against each other. The goal? To start at sunrise and beat the sunset by completing the route in 15 hours, 41 minutes and 35 seconds. The former commando shares his thoughts on the race.

## WHAT MADE YOU WANT TO TAKE PART?

The race is the pinnacle of ultra trail running, and one has to fulfil certain qualifying criteria before you can even sign up. Being a full-time house-daddy with two daughters, it was impossible – financially and logistically – to go there. But when Asics launched a global search for amateur runners, I quickly put my name in without any hesitation.

## WERE YOU ALWAYS AN AVID RUNNER?

I was always interested in sports while growing up, but running wasn't one of them. It wasn't only until 2006, after I had recovered from a car



“THE GOAL WAS TO START AT SUNSET AND BEAT THE SUNRISE, COMPLETING THE ROUTE IN 15:41:35.”

accident, that I took running more seriously. I wanted to become healthier so that I could take care of my family.

## WHAT WAS IT LIKE TO BE PART OF THE ASIA-PACIFIC TEAM?

I am honoured and grateful to be one of the 15 chosen from nearly 8,000 applicants worldwide. I couldn't have asked for more, considering who my teammates were – they included 2012 Ironman World Championship winner Pete Jacobs; trail expert Kouta Araki; and last but not least, my personal mentor, Andy Neo.

## HOW DID YOU TRAIN FOR IT?

By the time I found out I was selected, I had less than a month to train. Unfortunately, we don't have a mountain in Singapore, so I had to make do with running on hills over and over to make up the distance. It's still different due to the contrast in altitude.

## WHAT WERE THE TOUGHEST AND MOST MEMORABLE MOMENTS?

The BTS is not just a 16-hour race; it also crosses three countries – France, Italy and Switzerland. There was little time to recover, plus I wasn't used to the cold temperature and high altitude. But what motivated me was how the locals would show their appreciation for us. When I was running from Lac Combal to Courmayeur in Italy, it was a fast 12.5km downhill road section with no official road closure and just a leading biker. Traffic from both directions simply came to a halt, with people winding down their windows and cheering “Ole! Ole!” It was amazing.

**Real Friends.  
Real Chemistry.  
Real Legends.**

**Glenn Ong and  
The Flying Dutchman  
Now on ONE FM 91.3!**



Join Glenn Ong, The Flying Dutchman and  
Andre Hoeden for **ONE FM's #1 Breakfast Show\***,  
weekdays from 6am to 10am.

\* ONE FM's #1 Breakfast Show is the program name and not based on any research or study.



# SIDESTEP PAIN

A TOP SPORTS DOC EXPLAINS HOW TO TREAT AND PREVENT THE MOST COMMON LOWER-LEG INJURIES.

**I**t's no surprise that lower leg pain is a common complaint of the runners I treat when you consider the key role these muscles, tendons and bones play in running. The calf and Achilles tendon work together to generate the force that pushes you off the ground with each step – all while the shin bone helps to absorb and dissipate the impact of every footfall. When these areas are weak, tight or overworked, they become vulnerable to injury. Here's how to keep them in top shape.

## 1/CALF STRAIN

### What's Going On?

This occurs when tight or weak gastrocnemius or soleus muscles aren't ready for the explosive effort required to push your body off the ground.

### TREAT IT

- Don't run.
- Ice for 15 minutes 5 times a day.
- Wear a compression sleeve for the first 48 hours post-injury.
- Elevate your lower leg above your hip during the first 48 hours.
- Anti-inflammatory meds could help.
- Symptoms don't improve? See a doctor.

### PREVENT IT

- Foam roll and stretch your calves daily.
- Strength-train.

### WHERE DOES IT HURT?

Discomfort **in your calf** – anything from a twinge and tightness to a blast of sharp, excruciating pain.

DIAGNOSIS – **Calf Strain (1)**



## 2/SHIN SPLINTS

### What's Going On?

Different types of shin pain all fall under this catch-all term. Most shin splints occur when there is more stress on the tibia than it can handle.

### TREAT IT

- Reduce mileage and cross-train.
- Apply ice for 15 minutes 5 times a day.
- Overpronate? Consider arch supports.
- If the pain doesn't subside with rest, stop running and see a doctor to rule out a stress fracture (see #3).

### PREVENT IT

- Increase mileage gradually.
- Strength-train, targeting your glutes and core to reduce the load on your shins.
- Shorten your stride.
- Get enough calcium and vitamin D.

### WHERE DOES IT HURT?

Tenderness or achiness along your shin.

DIAGNOSIS – **Shin Splints (2)**  
or **Stress Fracture (3)**

### WHERE DOES IT HURT?

Mild to severe soreness along the **Achilles tendon**, which runs from your heel to your calf.

DIAGNOSIS – **Achilles Tendinitis (4)**

## 3/STRESS FRACTURE

### What's Going On?

Develops over time when the demand on the bone exceeds the bone's ability to withstand the force.

### TREAT IT

- Get medical care.
- Avoid activities that put weight on your leg.
- Get enough calcium and vitamin D.

### PREVENT IT

- Raise mileage gradually.
- Overpronation can contribute. Make sure you are in the right running shoes.
- Strength-train, targeting glutes and core.
- Shorten your stride and increase your cadence to put less stress on your shins.

## 4/ACHILLES TENDINITIS

### What's Going On?

Overuse injury from ramping up mileage or intensity too quickly. Weak or tight calves increase the risk.

### TREAT IT

- Don't run. Swim, bike, pool-run.
- Ice for 15 minutes 5 times a day.
- Foam roll and strength-train your calves.
- See a doctor if there's a lump in the tendon (sign of a tear).

### PREVENT IT

- Do plyometric exercises.
- Foam roll calves daily.
- Increase mileage gradually.

# 1

## BEATS TOUR2 IN-EAR HEADPHONES, ACTIVE COLLECTION

► \$199, [www.apple.com/sg/shop](http://www.apple.com/sg/shop)

Sweat- and water-resistant, these hands-free earphones are made to handle various levels of workout intensity. The Tour2 prides itself on delivering quality music besides being versatile, with a series of wingtips and ear tips to give that perfect fit. Receiving an incoming call as you slog your guts out on the treadmill? Fret not. The Remotetalk control function can easily handle it.

# RAISE YOUR GAME

THESE NIFTY GEAR CAN PUSH YOU FURTHER AND FASTER WHEN YOU TRAIN.

# 2

## UNDER ARMOUR SPEEDFORM NO-SHOW SOCKS

► \$17, [www.underarmour.com.sg](http://www.underarmour.com.sg)

More than just a pair of well-ventilated socks, the Speedform No Show is incorporated with a signature moisture transport system that wicks away sweat as you work out, keeping your feet cool and

comfortable. Better yet, its unique Armourblock Anti-odour technology prevents the growth of odour-causing microbes, so there's no foul stench even after a prolonged sweat session.

# 3

## AMPSTRIP

► US\$149 (\$212), [www.ampstrip.com](http://www.ampstrip.com)

Considered to be one of the most comfortable wearable heart rate

monitors out on the market, the Ampstrip is a small sensor-filled strip that the user can attach to his torso. It monitors the heart in order to provide feedback – via Android or iOS smartphones – about one's athletic performance and

recovery. This is crucial for gym goers who wish to push themselves but still train within their limits (avoiding injury, overtraining and undertraining).

# Tarmac Allies

PUSH PAST YOUR LIMITS WITH THESE VERSATILE KICKS.

## 1 ADIDAS ULTRA BOOST

\$289, AVAILABLE AT ADIDAS BRAND CONCEPT STORES, SHOP. ADIDAS.COM.SG

Now in classy silver, this footwear is said to provide the highest "energy return" cushioning in the footwear industry – after removing the traditional Eva midsole for more direct contact. There's also an elastic snug-fitting heel with external heel counter for natural Achilles movement, while the updated Primeknit technology allows the shoe to stretch adaptively where needed, so as to deliver maximum comfort. This is crucial, since a runner's foot can expand up to 10mm or more in width during a run.

## 2 ASICS GEL-QUANTUM 360

\$279, AVAILABLE AT ASICS STORES, WWW.ASICS.COM.SG

This shoe possesses 360 degrees of Gel-cushioning, providing intense shock absorption that would be a boon for long-distance runners. The asymmetrical Fluidfit upper delivers a breathable glove-like fit, while a full-length Trusstic System adds responsiveness and explosive momentum to each step. Aesthetics-wise, the seamless construction of the trainer gives it a clean look, besides preventing potential friction that might lead to blisters.

## 3 UNDER ARMOUR CHARGED BANDIT NIGHT

\$179, AVAILABLE AT UNDER ARMOUR BRAND HOUSES, WWW.UNDERARMOUR.COM.SG

Be it day or night, this trainer will allow one to pound pavements with confidence. Its reflective mesh upper provides breathability because of its light, stretchy and fast-drying fabric. Additionally, the Micro G footbed enhances cushioning and helps the shoe mould to one's feet, contributing to a better running form. Going for a long run? The user can get further cushioning with anatomically placed flex grooves beside the layer of trademark Charged Foam that also adds responsiveness.



# Men's Health LOCKER

## MH APPROVED

## UPGRADE YOUR GEAR

CHECK OUT THESE MUST-HAVE  
ITEMS FOR EVERY ACTIVE GUY  
IN THE MEN'S HEALTH LOCKER.

## FITNESS FREEBIES!

HERE'S YOUR  
CHANCE TO NAB  
OVER \$6,500 WORTH  
OF THE ITEMS IN  
THIS MONTH'S  
MEN'S HEALTH  
LOCKER!

## HOW TO WIN

- 1 Head over to the *Men's Health* locker.
- 2 Take a selfie with the locker.
- 3 Post on Instagram with the hashtag **#mhlocker**, and tell us which are your favourite three items. (Note: Entries have to be made public.)
- 4 The top 3 posts with the most number of likes win!\* An additional prize will also be given out each week.

For more information about the *Men's Health* locker, check out [www.menshealth.com.sg/mhlocker](http://www.menshealth.com.sg/mhlocker)

\*Terms and conditions apply



1

### 1/POMI-T

**\$49.90, [www.pomi-t.sg](http://www.pomi-t.sg)**

► Boost your daily intake of polyphenols with capsules that are packed with a blend of superfoods. Each capsule contains natural ingredients such as pomegranates, which provide antioxidant properties.

### 2/SWISSOATS A111 FOR HIM

**\$89.90, [www.swissoats.com](http://www.swissoats.com)**

► This all-natural dietary supplement helps to revitalise your mind and body – by freeing up testosterone and relieving andropausal symptoms. It also enhances blood circulation.

### 3/ISAGENIX ISALEAN BARS

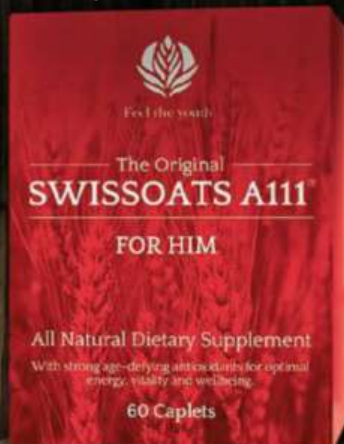
**\$53.50, [www.isagenix.com](http://www.isagenix.com)**

► These are packed with high-quality undenatured whey protein, together with healthy fats and energy-boosting carbs. It's your complete low-glycaemic meal-replacement bar that contains only 260 calories.

### 4/ISAGENIX ISALEAN PRO SHAKE

**\$84, [www.isagenix.com](http://www.isagenix.com)**

► Whether you're looking to gain muscle or simply to stay lean, this meal replacement shake is formulated to provide a balance of high-quality protein, healthy fats and energy-boosting carbohydrates. The protein is actually whey protein concentrate (Myo-isalean Complex), which helps to boost metabolism, burn fat and increase muscle development.



2



3

4



### 5/REMINGTON SMART EDGE PRO XF8700

\$219, [www.massmark.com.sg](http://www.massmark.com.sg)

► This advanced foil shaver features a cutting system that delivers one of the closest ever one-pass shave. You can even shave in the shower due to the machine's waterproof Wettech design, which also works with gel, foam and even on its own.

### 6/REMINGTON TRAVEL DRYER 1400

\$25, [www.massmark.com.sg](http://www.massmark.com.sg)

► No towel to dry your crop? The next best bet is this. With two heat/speed settings, this dryer comes with a concentrator nozzle for precision styling. Its handle can even be folded for ease of storage.

### 7/ADIDAS CLIMACHILL

\$59, <http://shop.adidas.com.sg>

► The brand's new apparel is made to help wearers thrive in Singapore's heat and humidity, employing industry-first 3D aluminium-cooling spheres to provide an instant cooling sensation upon contact.



### 8/ADIDAS ULTRA BOOST

\$289, <http://shop.adidas.com.sg>  
► Touted to provide the highest energy return cushioning in the running industry, this footwear has removed the traditional Eva midsole for more direct contact. It also lends superior support and adaptive comfort to runners via the updated Primeknit technology.

### 9/LAB SERIES MULTI-ACTION FACE WASH

\$41, [www.labseries.com.sg](http://www.labseries.com.sg)

► This super-foaming cleanser will help to exfoliate and clean up your mug. Dead skin cells are removed by special purifying beads that eliminate impurities and improve the clarity and smoothness of your skin.

## → WHAT IS THE MEN'S HEALTH LOCKER?

Every month, plenty of new products hit the market, and you might find it hard to know which gives you bang for your buck. That's why the *Men's Health* locker exists – it's a curated display of the best products for every active guy.

## WHERE'S THE LOCKER THIS MONTH?

TRUE FITNESS @  
NTUC INCOME  
TAMPINES JUNCTION,  
#08-01/04,  
300 TAMPINES  
AVENUE 5, S529653

**VIDEO** In our digital edition, find out more about the gear that made the *Men's Health* locker this month. Download *Men's Health* Singapore now on Magzter or Apple Newsstand.

# HOME & DECOR

WWW.HOMEANDDECOR.COM.SG

*Your go-to online source for interior design tips,  
inspiring decor ideas, and renovation advice.*



YOUR GO-TO ONLINE SOURCE FOR INTERIOR DESIGN TIPS,  
INSPIRING DECOR IDEAS, AND RENOVATION ADVICE



**HOUSE TOUR: CHIC TRICKS FOR  
A SMALL SPACE**

This one-bedroom condominium unit is packed with useful ideas for designing a small space. Hint: make it look as uncluttered as possible!

[www.tinyurl.com/smallchictricks](http://www.tinyurl.com/smallchictricks)



**10 WAYS TO MAKE  
SMALL BATHROOMS  
STAND OUT**

You don't have to remodel your bathroom to create a beautiful space. Just follow these easy decoration tips.

[www.tinyurl.com/10waysbathroom](http://www.tinyurl.com/10waysbathroom)

**LAUNDRY HACKS  
FOR THE BUSY  
SINGAPOREAN**

Complete this tiresome chore quickly with these tips!

[www.tinyurl.com/singaporelaundryhacks](http://www.tinyurl.com/singaporelaundryhacks)



Never miss a blog post! Follow us on Facebook at [www.facebook.com/homeanddecor.singapore](https://www.facebook.com/homeanddecor.singapore) and read new content on home decor and more, daily.

**LUMINOX** The Luminox Air Series pays tribute to a modern Lockheed Martin-engineered aircraft that featured in post-World War II strategic reconnaissance missions. The Swiss-made **P-38 Lightning Automatic 9400 Series**, in particular, spots a vintage design that reflects the actual plane. The ticker is protected by a sapphire glass anti-reflective coating, while at night you can tell time via the night vision tubes on the dial. **\$2,027.70 (inclusive of GST)**, available at **Tangs Orchard, Tangs Vivocity, Robinsons The Heeren, OG Orchard Point** and authorised watch retailers.



**JABRA** Enjoy premium Dolby sound quality when you work out indoors with the **Jabra Sport Coach Wireless**. Dedicated to cross training or high-intensity interval training, the headset spots an integrated motion sensor as well as its advanced Sport Life app that provides real-time in-ear audio coaching. The former gives advanced tracking of pace, distance, step count, cadence and calories. **\$248, available at authorised retailers, [www.jabra.sg](http://www.jabra.sg).**



**DOUGLAS LAING & CO** From the master blenders and bottlers at Douglas Laing, the **Remarkable Regional Malts** range showcases the best of the whisky regions in Scotland, with each label representing the bold character and flavours of Speyside, Islay, Highlands and Islands. Produced in small batches with no added colour and non-chill filtered, these premium malt whiskies are handcrafted using only the finest barrels from its stock. **Available at Le Vigne Wines and Spirits.**



**MIZUNO** The **Mizuno Wave Sayonara 3** is a versatile neutral running shoe that's both lightweight and responsive. It features a large open mesh on the forefoot to ensure high breathability as you run, while there's increased cushioning compared to its previous version. The kick can also double as either a superior trainer or a race shoe. **\$199, available at Mizuno concept stores and selected World of Sports outlets.**





#### MBT

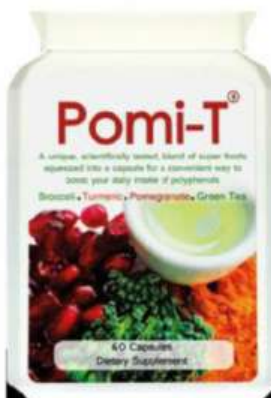
Breathably airy is MBT's **Jengo 5 Sport Neutral/Black/Silver and Steel** – part of the brand's FW15 Sports Collection. The shoes have signature high-abrasion-resistant outsole rubber as well as a combination of synthetic leather and mesh. Each shoe also spots a patented curved sole that promotes a gentle rolling motion when on the move, thereby promoting muscle regeneration and improved venous return if you wear it long-term. **\$229, available at MBT stores (Paragon, Marina Square and Suntec City).**

#### DRGL

The brand's latest skincare product is the fuss-free **Sun Protection Mist SPF29 PA++** that is dispensed from a sleek spray bottle. Because of this, one can cover even hard-to-reach areas, while the formula is ideal for oily acne-prone skin, humid weather as well as sports.

The product is packed with natural antioxidants and anti-inflammatory ingredients to help combat premature sun-induced ageing.

**\$88, available at Robinsons (The Heeren, Raffles City and Jem), Escentials Paragon, CK Tangs, Sephora Ion and [www.drgl.com](http://www.drgl.com).**



#### POMI-T

Made from a balance of four food categories – fruit, vegetable, spice and leaf – **Pomi-T** is a scientifically proven natural supplement that boosts the body's defence against cancer. One of its ingredients is pomegranate, which contains natural antioxidant properties that inhibit uncontrolled growth of cells, as well as help to reduce the migration of abnormal cells and aid in the regeneration of healthy ones.

**\$49.90, for more info, visit [www.pomi-t.sg](http://www.pomi-t.sg).**

#### TISSOT

The **Tissot T-Race Thomas Luthi Limited Edition 2015** is an

appropriate tribute to Swiss motorcycle road racer Thomas Luthi. The Swiss-made quartz-movement ticker is decked in yellow and silver, with Super-Luminova indices and hands on the dial protected by scratch-resistant sapphire crystal.

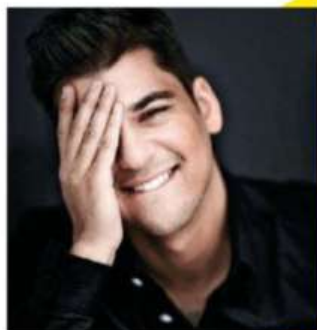
The timepiece also has pushers shaped like bike foot rests, with Thomas' signature etched on the caseback to add exclusivity. **\$1,250, available at Tissot Boutiques (Ion Orchard, Marina Square, Raffles City, Suntec City, The Shoppes at Marina Bay Sands and Jem).**



# TALKSHOP

PRODUCTS PROMOTIONS EVENTS

**SAFRA** Fitness buffs, you're in for a treat. Safra is unveiling its **Gym-tastic Bundle Promotion** that will allow you to keep fit at an affordable price. From October to December of 2015, it's offering a one-year Energyone gym membership, where you can utilise all facilities at five Safra clubs islandwide. There's even a five-year membership that allows you to enjoy exclusive members' privileges and benefits for only \$399 (usual: \$925). **For more info, go to [www.safra.sg/promo](http://www.safra.sg/promo).**



**VIVISCAL PROFESSIONAL** In male pattern hair loss, the male hormone testosterone is converted into dihydrotestosterone, which can cut off the nutrient supply to the hair follicle and inhibit hair growth. **Viviscal Professional** is a 100 percent drug-free dietary supplement that can solve hair loss problems without causing sexual dysfunction. It's scientifically formulated with the exclusive Aminomar C marine complex, providing essential nutrients to nourish thinning hair and promote existing hair growth from within. **Available at selected clinics and professional hair salons, or visit [www.viviscalprofessional.com.sg](http://www.viviscalprofessional.com.sg) for more information.**

**ISAGENIX** Looking for protein-packed meal replacements? Isagenix's **IsaLean Bar** is filled with high-quality undenatured whey protein that does the job. It is low in lactose and high in amino acids for maintaining muscle and promoting muscle growth. Also, the bar is akin to a low-glycaemic balanced meal that reduces cravings and keeps you feeling satisfied for hours. **\$53.50 per box, for more info, go to [www.isagenix.com](http://www.isagenix.com) or call 6499-0699.**



**LONGINES** One of the most prestigious horse races in Asia is back. The **Longines Singapore Gold Cup** returns for its sixth run on Nov 15, with the gold-standard event to be graced by a star-studded guest list. Swiss watchmaker Longines is the Official Partner and Timekeeper of the Singapore Turf Club, and will help to host the \$1.35 million race. The event will also see one of its brand ambassadors, popular Taiwan actress Lin Chi Ling, officiating the presentation of the new 2015 Longines Dolcevita collection. **For more info, go to [www.goldcup.sg](http://www.goldcup.sg).**

# SUBSCRIBE TO MEN'S HEALTH FOR ONE YEAR

AND RECEIVE A GIFT SET FROM  
LA ROCHE-POSAY WORTH \$119!

At the heart of La Roche-Posay's mission is the offer of a better life for sensitive skin. Recommended by more than 25,000 dermatologists worldwide, La Roche-Posay provides a unique range of daily skincare, developed with dermatologists to meet their standards in efficacy, tolerance and elegant textures for increased compliance.

The gift set consists of the following:

**Anthelios XL Body Fluid Ultra-light SPF 50+ (125ml)** has a superior protection against UVA and UVB rays, and is highly water-resistant.

This sunscreen has an ultra-light and non-sticky texture for the body. It is able to maintain its effectiveness for hours after sun exposure because of its Mexoryl filter system.

**La Roche-Posay Thermal Spring Water (300g)** contains the highest concentration of selenium, a natural antioxidant.

Use daily, even over makeup and sunscreen, to moisturise, soften, tone and refresh skin. It also has anti-itch benefits, and



preps skin for treatment and aesthetic procedures like chemical peels, laser resurfacing and microdermabrasion.

**Effaclar MAT Sebo-Regulating Moisturizer (40ml)** has a twofold purpose: to provide anti-shine and to stop pores from being enlarged. This oil-free moisturiser has a blotting-effect texture

and is enriched with perlite anti-humidity and absorbent microspheres for matte skin on application and throughout the day.

LA ROCHE-POSAY  
LABORATOIRE DERMATOLOGIQUE



LOG ON TO  
MENSHEALTH.COM.SG  
TO SUBSCRIBE NOW

12  
ISSUES FOR  
ONLY \$72!

#### TERMS AND CONDITIONS

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# EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE



## EYES ON THE ACTION

Get fitter from your sofa just by watching sports. According to *Frontiers in Autonomic Neuroscience*, it automatically raises respiration, blood flow and heart rate.

## PICK A LESS ROBUSTA BREW

A coffee needs to have had 97 percent of its caffeine content cut to be labelled as decaf. However, robusta beans have twice as much caffeine as Arabica, so some mugs will still pack 32mg per cup. A far from jitterless joe.

## BURN EXCESS BLUBBER

Scientists at Egypt's Zagazig University researching choline, a nutrient sometimes used to treat liver disease, discovered that it can contribute to a 2 percent drop in body fat in just one week.



# DOGGY BOOSTER

HIROSHIMA UNIVERSITY DEMONSTRATED THAT VIEWING "CUTE" DOG PICTURES CAN HAVE POWERFUL EFFECTS ON ATTENTION AND CONCENTRATION.

## ADD MORE HORSEPOWER

You could join the yummy mummies jogging with prams in the park. But for strongman muscle, wrap a TRX around your car's tow bar, then work your quads by walking backwards, pulling the vehicle. For hamstrings and glutes, face away from it, sink into a squat and drag your "sled" behind you.

## NATURAL COMFORT

Research from the University of Melbourne discovered that casting your gaze on something natural and green within an urban setting for 40 seconds acts as a restorative for your brain, bringing it back to the task at hand. That means a mini cactus next to your keyboard is 2015's version of a Newton's Cradle.

## GET TUNED IN

A study by Mindlab International states that pop music increases data entry, and dance tracks speed up proofreading by 20 percent.

PHOTO: TOBIAS SCHULTZ/CORBIS ■ ILLUSTRATION: MALIVECKA/123RF



LIFE WELL LIVED

# DISCOVER IT OFFLINE.

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## CHANGE THE WAY YOU WALK

Get your workout game strong whenever you're on the move with MBT® shoes

We know you take your workout seriously and it's all about dedicated gym time. But what if we told you, you could get a head start on your workout all day, every day, even when you're not at the gym? Introducing MBT® shoes, the footwear of choice for those seeking an active lifestyle, 24/7.

MBT® was created with the vision of breaking the start-stop cycle of broken fitness resolutions by busy schedules. When wearing MBT® shoes, one can't help but be "on the move" due to its patented construction, even if you're just standing or walking.

The unique MBT® patented curve sole, is made up of five high-tech components that promote a gentle rolling motion while walking. With the MBT® Sensor Technology™ that promotes soft heel landing and the in-built Pivot Axis, you can expect improved balance, posture, venous return, reduced lower back pain and increased muscle activity. Yes, all of this in one highly effective and functional shoe, which sort of makes you wonder why you need any other shoe.

This season, MBT's new GORE-TEX® Outdoor Performance Range is made for life in the urban jungle. The range features technology that takes you from indoors to outdoors, standing to walking, working to leisure and is engineered for walking and hiking on different terrains. Constructed with GORE-TEX® waterproof mesh and designed to give you serious function and style cred on the streets, the Outdoor Performance Range is all about what's good for you and your lifestyle.

Visit MBT concept stores at Marina Square #02-178, Paragon #04-12, and Suntec City North Wing, #01-471 (Newly Opened).

Live well at [mbt.com](http://mbt.com), [f MBTSingapore](https://www.facebook.com/MBTSingapore)



Haki GTX



Hodari GTX



### Heelstrike

The MBT® SensorTechnology™ promotes a soft heel landing, absorbs harmful shock and creates a natural forward rolling movement.



### Midfoot Roll

The Pivot Axis, with its curvature at midfoot, causes an active roll promoting an efficient and comfortable move forward.



### Toe-Off

The upward curved forefoot influences a smooth toe off to your next healthy step!

## MEN'S HEALTH SPECIAL!

Quote "Men's Health" to enjoy 20% off regular-priced footwear at all MBT® Concept Stores.

Promotion is valid until Nov 30th, 2015.



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**TISSOT T-TOUCH EXPERT SOLAR.** TACTILE WATCH POWERED BY SOLAR ENERGY, OFFERING 20 FUNCTIONS INCLUDING WEATHER FORECAST, ALTIMETER AND COMPASS. **INNOVATORS BY TRADITION.**

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LEGENDARY SWISS WATCHES SINCE 1853